



## Self-Care

July 2022

### Senior Management Services

Self-care is such a buzz word in our world right now. But when it comes to being a working caregiver, it is more than just a word. It is something that we need to practice often to continue to care for those we love.

As caregivers our needs are often on the back burner to our older loved ones (or younger loved ones too if we are in the sandwich generation\*). Here are some tools and tips to keep you healthy and well, so caring for your loved ones continues to be a joy and not a depletion.

1. **Ask for help:** Do not be afraid to reach out and be specific about your requests. Maybe you need to have another family member take over doctor's appointments or some meals each week. You may just need a respite an hour or 2 a day.
2. **Set boundaries:** Caregivers are just that-caring. Other people see that in us and may ask us to do many tasks. Know your limits and assert those limits to others. You are not superman or superwoman. "No" is also an answer to a request and that's ok.
3. **Check in with your body:** If you are stressed, you may have tension in your shoulders, back or neck. If you are tired, you may be yawning all the time. If you are worn out, you may have headaches or be experiencing some symptoms of sickness. These are all ways our bodies give us clues about when to take care, and we need to listen. Take a moment to breath deeply and tune into what your body is telling you.
4. **Eat well and get sleep:** This sounds like something our mothers would say to us, right? Well the adage is just as important now as it was when we were little. This is how we fuel our body to do the work each day brings.
5. **Exercise:** Take a walk. If running is your thing, schedule that into your day. Have a dance party in your kitchen. Or simply take breaks from sitting at your desk. Moving our bodies helps our mind, body, and soul. So, let's go!

These are just a few suggestions to help you tune into caring for yourself in the midst of all the care you offer others. Let's make this a priority this year.

**For additional information about Eldercare, please contact Quest at 1-800-364-6352.**

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\*Sandwich generation: a generation that is caring for both their children and their parents at the same time.