

# The caregivers guide to caring for yourself



Being a caregiver for someone who is ill can be overwhelming and often, it can lead to forgetting how important even the simplest of things can be to help you maintain your strength.

## We want to remind you of some of the basics:



Sleep when your loved one is sleeping.



Try simple breathing techniques.



Keep the contact details for your hospice team handy.



Be sure to eat, even if it is only small snacks throughout the day.



Make some time for a "normal life"



Set healthy boundaries to avoid caregiver burnout. Ask for help when needed.



Get outside, even briefly to get fresh air or to take a short walk.



Appoint one person to disseminate updates. Keeping in touch and getting bombarded with requests for information can be exhausting.



Show yourself compassion. Do not feel guilty for needing a break.

Your hospice team is here to provide emotional support when needed.

Here are some resources available in the app store you might find helpful:



Day One Journal



Calm Meditation



AloeBud



Headspace