

Self-Care for Caregivers

Let your network support you

Asking for and accepting help is difficult, but may be necessary. Try being specific when help is offered.

Instead of:

"I appreciate the offer, but we're fine."

Try:

"Could you bring dinner on Thursday?" or

"Could you sit with them while I go for a walk?"



"Asking for help is a skill every caregiver should have"



Check-in with Yourself

Caregiver stress isn't always obvious and the symptoms can be easy to overlook. Do an honest check-in with yourself to avoid burnout.



- Tired or overwhelmed
- Irritable, sad, or anxious
- Trouble sleeping
- changes in appetite
- Feeling isolated
- Loss of interest

"You matter too"

Protect the Basics

Becoming a caregiver can sometimes make it easy to overlook your own basic needs. Protect the things your body and mind need to keep going, like sleep, eating and drinking, and your own health and medical care.



"You can't pour from an empty cup"

Make Room for your emotions

You can love someone deeply and still feel angry, exhausted, frightened, lonely, frustrated, or overwhelmed. You can be grateful that your loved one survived and still grieve what happened.

You do not have to hide difficult feelings. Find a safe space to share them, like a TSN Support Group.



"Negative emotions don't make you a bad person, they make you human"

trauma survivors

network
provided by **ATS**

survive. connect. rebuild.