



LARIMER
COUNTY

MAY 2021

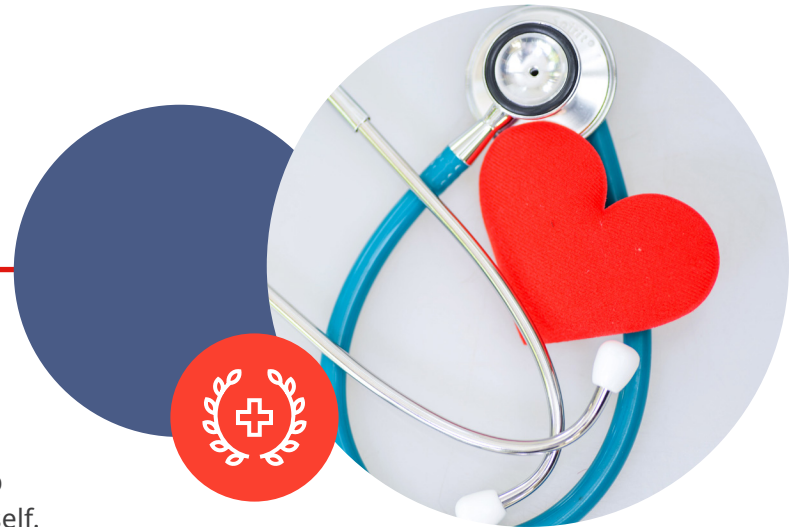
your HEALTH UPDATE

Tips To Tend To Your Wellbeing

CARE FOR A caregiver

With the events of the past year, caregivers have experienced increased levels of stress.

As a caregiver, receiving the help you need and supporting your own health is important. Below are three ways to help manage the stress of caregiving while also caring for yourself.



PRIORITIZE YOUR HEALTH

Take a small 10-minute break to sit quietly by yourself and complete a breathing exercise, go for a short walk around your block, or sit outside to soak in some sun. Caregivers often put their health on hold to support the wellbeing of others, but it's important to set aside time for yourself.



SET REALISTIC EXPECTATIONS EACH DAY

Establish a routine and start your day with a to-do list. Keep a list handy of tasks you feel comfortable sharing with another caregiver and accept help when possible. Caring for someone can cause added stress and make everyday tasks difficult, so take small steps to stay organized each day.



FOCUS ON WHAT YOU CAN DO

Join a local support group in your area to make meaningful friendships and discuss problem-solving techniques to help improve your day-to-day routine. **Remind yourself that you are doing the best you can and making the best decisions for those involved each day.**

Caregivers play a critical role in the health and wellbeing of others. Visit [caregiver.org](https://www.caregiver.org) for support and resources that can help you or a caregiver in your life.