Self-Care for Caregivers Guide

As a caregiver, you may find that your schedule is so busy that you don't have much time for yourself. When you're taking care of someone else, it's hard to remember to see to your own needs too.

If you feel guilty taking some "me time" to focus on your own health, remember that a self-care routine benefits others too. It's not selfish to build it into your schedule!

Taking time for self-care can help you find a healthy balance between your own needs and those of your loved one. Achieving this balance not only can improve your own mental health but also can help you create a better caregiving environment and a better relationship between you and your loved one.

What Is Self-Care?

"Self-care" is a phrase that has grown popular, especially in the last decade. From Instagram to magazine articles to your own friends, everyone may seem to be saying that you need more self-care in your life. But what does this actually mean?

Self-care means different things to different people. Some people use it to refer to things like going for a walk or practicing deep breathing. Other people use it to mean things like doing yoga or going to a spa. With so many different meanings, you might feel like you don't even know where to start.

In general, self-care refers to things that you do to protect and maintain your own physical and mental well-being. Self-care can include a range of activities and strategies that can support your happiness and your caregiving relationships.

A good self-care routine can: