

## Self-Care Tips for Caregivers

### Make self-care a priority

- Always take care of your own health.
- Get plenty of sleep each night.
- Schedule regular times to relax and recharge.
- Say “no” to unnecessary tasks.

### Organize to avoid overload

- Complete one thing at a time. Avoid multitasking when you can.
- Break big blocks of information into smaller chunks to understand it better.
- Organize information so that you can find it when you need it.
- Create daily and weekly schedules. Check items off as you complete them.
- Write down your tasks and concerns.

### Let others help you

- Asking for help shows strength and awareness, not weakness.
- Find specific tasks for people who offer to help. Here are examples of things helpers can do:
  - Cover for you so you can have a night out with friends or quiet time alone at home
  - Clean the house
  - Make household repairs
  - Mow the lawn or shovel snow
  - Shop for groceries
  - Prepare meals
  - Offer a shoulder to cry on

### Remember that you are not alone

- Connect with other caregivers. Share stories and helpful tips.
- Get professional counseling right away if you feel overwhelmed or depressed.
- Consider using resources and technology such as online help and social media support groups.

### Keep a healthy attitude

- Give yourself credit for the 24-hour responsibility you have taken on. It is a tough job!
- Be present in the moment whenever possible.
- Look for the positive. Find a little joy in every day.

### Caregiver resources

#### Caregiver Education and Support Group

Available through Zoom on Tuesdays from noon to 1 p.m. Email [HClcaregivergroup@hci.utah.edu](mailto:HClcaregivergroup@hci.utah.edu) for registration and instructions.

#### Linda B. and Robert B. Wiggins Wellness and Integrative Health Center

Call 801-587-4585 or visit [huntsmancancer.org/wellness](https://huntsmancancer.org/wellness) to learn more about Wellness Center services.

#### Mountain West Multiple Myeloma Support Group

Meets virtually on the second Tuesday of the month from noon to 1:30 p.m. Call Ryan Ng, LCSW, at 801-587-4694 or email [ryan.ng@hci.utah.edu](mailto:ryan.ng@hci.utah.edu) to register.

#### Patient and Family Support

Available Monday through Friday, 8 am to 4:30 pm. Call 801-213-5699 or visit [huntsmancancer.org/support](https://huntsmancancer.org/support) to learn more about Patient and Family Support services.