

Self-Care Tips for Caregivers

Make Self-Care a Priority

- Always take care of your own health. Always.
- Get plenty of sleep each night.
- Take regularly scheduled time to relax and recharge.
- Say “no” to unnecessary tasks.

Organize to Avoid Overload

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

Let Others Help You

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

Get Support – You Are Not Alone

- Connect with other caregivers. Share stories and tips.
- Get professional counseling right away if you feel overwhelmed or depressed.
- Be open to 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 each and every day.

Caregiver Resources

Caregiver Education and Support Group

Wednesdays (except 5th Wednesday in month)

Noon-1 p.m.

Infusion Education Room, 2nd floor

HCI Cancer Hospital, light lunch served

Call 801-213-5699 to register

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

huntsmancancer.org/wellnesscenter

Call 801-587-4585

HCI Patient and Family Support

huntsmancancer.org/pfs

Call 801-213-5699

Monday–Friday, 8 a.m.–4:30 p.m.