

THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Spring is Coming! I hope the sun shines and the weather warms up as soon as possible! This month's issue is about taking care of your body and mind! This can be through food, exercise, educational classes, or any way that makes YOU feel good.

QUOTE OF THE MONTH

“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.” – Ralph Marston

THE POWER OF SELF-TALK

BY AMBER CHAPMAN, FAMILY CAREGIVER AND
HEALTH PROMOTION SPECIALIST

First of all, what is self-talk? **Self talk is exactly what it sounds like- the way we talk to ourselves.** The way we talk/think about ourselves is vital to keeping our **mental health** in check but also motivating us to do things we **NEED** to.

More often than not, we feel like "we don't have time" or "I am too tired" or whatever the excuse may be. **However, we must remember to take care of our minds and bodies.** If we are constantly making ourselves feel bad, then we will ultimately discourage ourselves from our goals. **Try some positive self-talk in your daily life.** When you think something negative, try thinking of something positive about yourself. **I have linked a helpful article below.**

As always, don't forget how important **YOU** are. **Thank yourself for everything that you do everyday instead of thinking about the ways you may have "failed"**

[Click Here for the Self-Talk Article](#)

[Click here for our website!](#)