THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER

WELCOME

Welcome to the first family caregiver newsletter. We want to help you on your caregiving journey with tips and tricks, helpful information, and a little bit of self care. We will also have local events listed in this newsletter. If you have a specific topic you would like to see, feel free to reach out to us. We welcome you and are here for you. Sit back, enjoy, and take a moment to yourself.

QUOTE OF THE MONTH

"If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong."

-- Masaru Emoto

EASY SELF CARE IDEAS

- Take a shower
- Make a phone-call
- Read
- Write it down
- Ask for help

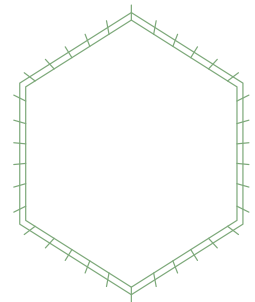## WHAT IS SELF-CARE AND WHY IS IT IMPORTANT?

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

We have all heard the term "Self-Care", but what is it exactly and why does everyone keep telling you to do it? The basic definition of self-care is "any activity that we do deliberately in order to take care of our mental, emotional, and physical health". As caregivers, self-care is **SO** important to incorporate into our daily lives. In order to take care of our loved one, we need to take care of ourselves, it makes perfect sense.

The best part about self-care is that you can do it **ANY** way you choose to. Self-care could be reading a book with 10 minutes of free time, talking to a friend, journaling, anything you want. You make the rules. Self-care is key to an improved mood and reduced anxiety (Wouldn't we all love that). **Seriously, take care of yourself, you deserve it and are working hard to make sure everyone else is taken care of. Do the same for yourself.**

HIGH COUNTRY AREA AGENCY on AGING

This newsletter is curated by the High Country Family Caregiver Support Program to help you along your care giving journey. Reach out to us with any questions/ suggestions or tips.