

# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

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NEW YEAR, NEW ME right?! Well, same journey, new knowledge! One thing remains the same, remember to take care of yourself. This year has certainly been one for the books. For the upcoming year, the High Country Area Agency on Aging we want to encourage you to thank yourself for your strength this year, your compassion, and all

## QUOTE OF THE MONTH

"Tomorrow is the first blank page of a 365-page book. Write a good one." —Brad Paisley

## LET'S REFLECT!

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTION SPECIALIST

Don't think just because it's another year I am not going to keep telling you to take care of yourself! Start this year off right and make self care a practice that you engage in daily, weekly, or even monthly.

Self-care is a way to restore our energy and it allows us to continue working or just dealing with everyday life. It is important to recognize when we are close to burnout.

Energy Magazine just released a self care issue, in it the contributors focus on how our energy can be blocked and lead to medical issues, and some helpful tips on ways to engage in self-care and set boundaries.

If you have a few minutes, I would suggest that you check out the full article [HERE](#).

Remember throughout this year to still take time for yourself and remember to BREATHE. You are doing the best you can with what you have been given. As always, remember that we here at the High Country Area Agency on Aging are here to help you through your caregiving journey.

HAPPY NEW YEAR!

