
THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



I hope everyone is enjoying the warm weather and sunshine when possible. With North Carolina reopening, it is important to remember to still social distance and wear your masks! Know that we at the High Country Area Agency on Aging are here for you and we will get through this together.

TIPS TO STAY HEALTHY

- Social Distancing
- Wash your hands
- Avoid Touching your Face
- Stay Active
- Get some fresh air
- Stay informed

THE ART OF LETTING GO

BY AMBER CHAPMAN, FAMILY CAREGIVER AND
HEALTH PROMOTIONS SPECIALIST

You are probably saying to yourself "letting go of what?" or "I have too much on my plate and EVERY SINGLE THING is important, so I can't let go." I get it, trust me. I found this article a while ago and it really changed my perspective. I wanted to share it with all of you! As always, read with an open mind and try to put some of these things into practice. I am always here to talk you through it and be your cheerleader!

Change your mind and make a decision

Nothing will change in your life unless you make a new decision. Decide to change. Make the decision to leave the past in the past. Your choices can either help you or hinder you.

Learn from past failures

Stop beating yourself up over failures. Instead, start analyzing your failures to begin learning from them. Separate failures from you as a person because it can damage your self-confidence. Let go of your need to be perfect. Nothing in life is perfect, so why hold yourself to such an impossible standard?

Stop blaming others

When you blame other people for your problems, you give them power over you. Let go of grudges. Sometimes we get so stuck in our pain and stubbornness that we can't even imagine forgiveness. Remember forgiveness is more for you than the other person.

Start living in the present

When you're constantly thinking about the past, you can't enjoy where you are in the present. Start paying attention to the beautiful things right in front of you. Let go of all that baggage, it only weighs you down. Embrace the freedom that comes with letting go!

If you need anything at all feel free to contact:
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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.



Read the full Article HERE:
**[https://alzheimerscareresou
rcecenter.com/monday-
mojo-for-caregivers-
mastering-the-art-of-letting-
go-3/](https://alzheimerscareresourcecenter.com/monday-mojo-for-caregivers-mastering-the-art-of-letting-go-3/)**