Care Partner Education
How to Care for Yourself While Caring for Others

Being a care partner can be very rewarding, but it also can be stressful. When you begin to feel overwhelmed, frustrated, or exhausted, you need to take a break and find time for yourself.

Here are a few things you can do:

- Make an effort to stay connected to family and friends who set you at ease. Set aside time to go have a cup of coffee or take a walk with family or friends.
- Rehydrate your body, which will help you calm down: enjoy a calming herbal tea, which is a great way to take a break.
- Remember to breathe! Deep belly breaths trigger relaxation responses and restore energy.
- Release tension with exercise: taking a break for a walk around your neighborhood or a local mall can help clear your mind and release endorphins, which are known to help produce positive feelings.
- Get enough sleep: high levels of stress can make it difficult to sleep, make sure you keep a regular sleep routine which allows your brain to recharge and body to rest.
- Maintain a healthy diet: fueling yourself with the right nutrients will give you the energy you need to take care of the patient.
- Ask for help: sometimes we make a commitment to care for another and then realize it is more than we can handle. Don't be shy. Ask a friend or family member to assist you. Maybe they can help with cooking, laundry or walking the dog while you are taking care of the patient.

The role of a care partner is challenging and requires a significant time commitment, but the experience is a meaningful one, since helping a friend or loved one regain strength and return to enjoying daily activities is important and generous.

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