

Caring For Yourself

Caregiving is a lot of work, and can be extra taxing if you are one of the 2.5 millions Ontarians balancing caregiving and paid employment.

STAYING WELL AS A CAREGIVER

Be gentle,

start with small changes,

which are easier to start and more likely to last.

- Do things that make you feel good
- Don't be afraid to **ask for help and support**
- Make time for yourself by taking breaks
- Acknowledge your feelings and needs
- **Talk** to a friend or healthcare professional
- Hydration and nutrition are important. Drink lots of water and take the time to eat healthy foods
- Exercise whenever you can
- **Try to let go of guilt.** Many caregivers feel that they are over caring for themselves or that they aren't doing enough; caregiver guilt often adds to stress and doesn't help anyone

SIGNS OF CAREGIVER STRESS

These can be present **in your work, time with your children/family, friends as well as in your caregiving role.**

- Anxiety, depression, irritability
- Feeling tired and run down
- Difficulty sleeping
- Overreacting to minor nuisances
- Trouble concentrating
- Feeling increasingly resentful
- Drinking, smoking or eating more
- Neglecting responsibilities
- Cutting back on leisure activities
- Getting overwhelmed easily

If you notice any of these signs and want assistance, reach out to people at who can support you in your community or your family doctor for assistance.

Resources - Click on the links & logos below

- Ontario Government hotline, chat and resources <https://ontariocaregiver.ca/>
- <https://www.caregiverexchange.ca/>
- <https://www.carerscanada.ca/resources/>
- Workbook -https://caregiversns.org/images/uploads/all/Section_2_-_Taking_Care_of_Yourself.pdf