10. Be good to yourself.

- Dancing or seated exercises are great for seniors who need to exercise. If you are caring for a person, you can exercise together.
- If you can't leave your house or need exercise, try walking or yoga.
- You can also try walking with friends or a social outlet as well.
- Exercise is one of the best ways to reduce stress. Even a few minutes a day can help.

8. Keep your sense of humor.
- Try to find humor in difficult situations.
- Laughter can be a great stress reliever.
- Friends who are fun and make you laugh can also help.

7. Think about what you can do for yourself (even if only a little).
- Buy yourself flowers, go out to dinner, or watch a movie.
- When you do something nice for yourself, you deserve a reward.


5. Take a walk.

4. Write about your feelings.

3. Take time out for yourself.

2. Think of ways you can slow down.

1. Ten steps to managing stress.

Caregiver and Stress: A Guide for Caregivers
4. Learn to Let Go

Avoid Alcohol

- Avoid foods and drinks with caffeine.
- Avoid eating too much sugar, fat and salt.
- Avoid getting too much stress.
- And prevent.

You eat plenty of fruits, vegetables, grains. Eat regular, healthy meals, make sure food, we quickly wear down.

Food is our body's fuel. Without good food, we can catch up on sleep.

- Get some rest and stay with the person, wake up.
- Have someone else stay with the person when they are sleeping.
- If possible, sleep in a different room.
- You can be on a different schedule so the person can eat.

Help the person may seem unappreciated. Down, thing that need to be managed.

Without good rest, you will quickly wear down.

Rest as much as you can.

5. Ask for Help

- Ask for help. Your health is also important.
- Don't forget to take care of yourself. Get regular exercise.
- Consider finding a health care to give you a regular break.
- It is so easy to say. Your health and emotional well-being.
- You will also be saying you care about the person you are caring for.
- By taking breaks, you will be able to avoid burnout and do a better job of caregiving.
- Time to yourself is essential.
- Make sure you take time off from caregiving.

2. Take Care of Yourself

- Consider finding someone to clean your home or other things you may not be able to do.
- Accept that you may not be able to do things the way you used to.
- Focus on those things that are most important.
- Let go of less important things.

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