TAKE TIME FOR YOU!

HOW TO RECHARGE AS A CAREGIVER

Stay Healthy: During busy and stressful times, it is important to remember to keep your energy up! Eat meals and snacks throughout the day, take short walks or stretch, and get plenty of sleep.

Go “Off Duty”: Set aside some time during the day to do things that YOU enjoy. Whether it be taking a bath, listening to music, or watching an episode of your favorite TV show. You should always make sure to take time for yourself during the day.

Connect with Friends and Family: Don’t forget about your social life! Connect on FaceTime, Skype, Facebook, or by phone with people you can’t see in person but want to keep in touch with. Exchange resources with each other!

Don’t Stress: It can be hard to balance working from home and monitoring your child’s school work all the time. Take this time to teach your kids life lessons and know that your child will still succeed!

Express Yourself: Be aware of your emotions and express yourself. Tell others how you feel, keep a journal, or try mindfulness exercises!