Take Care of Yourself as a Caregiver

Take a short walk outside.

Try a yoga class.

Go to sleep a half-hour earlier.

Meet a friend for lunch.

Make time for a hobby you enjoy.

Join a support group.

Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.

Learn more about caregiving at www.nia.nih.gov/caregiving.

NIH National Institute on Aging