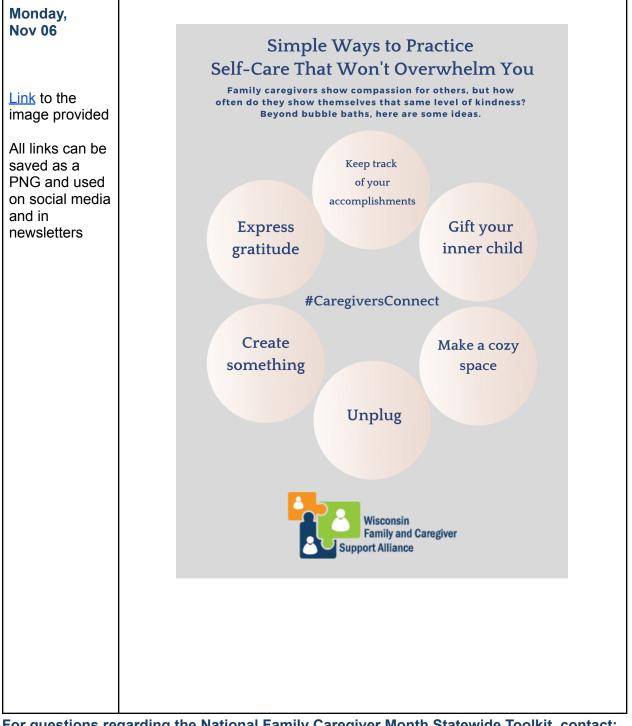
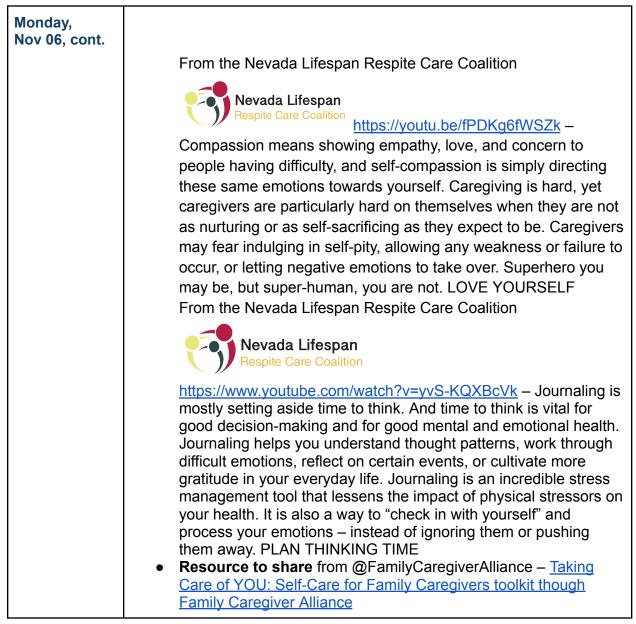


## National Family Caregiver Month Statewide Toolkit Monday, November 06- Sunday, November 12, 2023

## Self Care for Caregivers









Tuesday, Nov 07	<ul> <li>Resource to share from Urban Souther – "Self-care is not all salt baths and chocolate — it is also creating a life you don't feel the need to escape from." <u>How to Use Self-Care to Create a Life that You Don't Need to Escape – Urban Southern</u>.</li> <li>From the Nevada Lifespan Respite Care Coalition</li> </ul>
	https://www.youtube.com/watch?v=J0qbyWYJVMI – Movement is healthy. It releases tension. It lifts your spirits. It helps you recharge. Yet over 60 percent of American adults do not get enough physical activity, and over 25 percent of adults are not active at all. Any exercise may feel hard at first, but as you become more consistent, your body gets stronger. MOVE IT
	From the Nevada Lifespan Respite Care Coalition
	Nevada Lifespan Respite Care Coalition
	<u>https://youtu.be/WHnCzw92IPw</u> – Loneliness is all too common for caregivers. Connection is more than just being around other people. It means sharing an emotional bond or interacting with people connected to us through mutual experiences, relationships, work, or social groups. MAKE CONNECTIONS







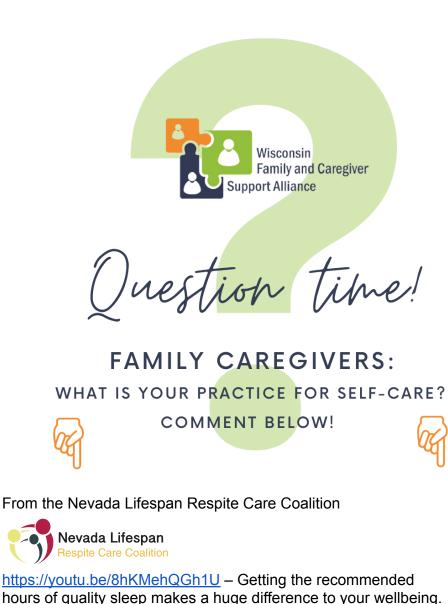
Wednesday, Nov 08	<list-item><list-item><list-item><list-item><list-item><list-item><list-item><list-item><list-item><list-item></list-item></list-item></list-item></list-item></list-item></list-item></list-item></list-item></list-item></list-item>



## Thursday, Nov 09

Link to the image provided

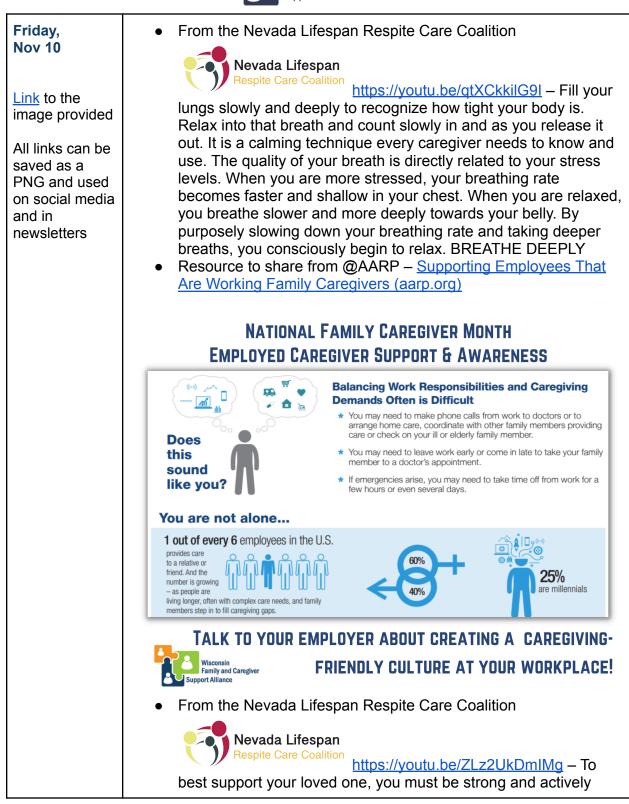
All links can be saved as a PNG and used on social media and in newsletters



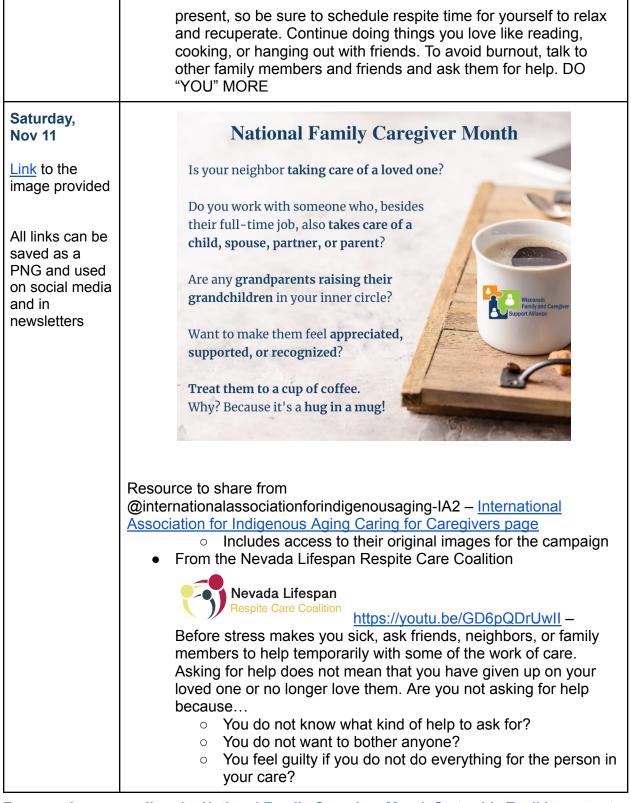
hours of quality sleep makes a huge difference to your wellbeing. Getting it on a consistent basis improves your immune system, mood, and work performance. But getting uninterrupted sleep is often a luxury for caregivers. Age, emotional stress, depression, physical inactivity, chronic disease, and nontraditional or constantly changing sleep/wake cycles are all risk factors for sleep disorders like insomnia. While caregiving responsibilities often take priority, caregivers need to be mindful of their own wellbeing and avoid sacrificing sleep. CHOOSE SLEEP













	• You are afraid the answer will be "No?" To be fair, do not ask at the last minute. Let people know you will need help a few days ahead of time so they can adjust their schedule. Explain why you need the help. It is easier for someone to help you when they know exactly what you need. Of all the tasks you could have them do while you are away, ask only for what you know the person can give. Find out what each person can and is willing to do. Give them a chance to try. Be satisfied with "Good Enough." ASK FOR HELP
Sunday, Nov 12	<ul> <li>From the Nevada Lifespan Respite Care Coalition         Nevada Lifespan Respite Care Coalition     </li> <li>https://www.youtube.com/watch?v=DA3R1XR2-E4 – Have you ever heard people say they would not want to change something hard they experienced because it had meaning, resulted in growth, was a valuable lesson learned, or ultimately opened opportunities they had not foreseen? It is a beautiful moment to realize that a personal sacrifice of time and effort allowed you to respond to someone else's true needs. Your sacrifice became a hopeful, healing message of "you are not alone."     <li>When you think about pain, you automatically think of physical pain. Most people are not aware of the fact that emotional pain shares the same pathways in your brain as physical pain and your body registers it in the same way. Pain demands to be felt and that you tune in to what is going on inside of you. Ignoring pain from any source makes as much sense as ignoring a broken leg. LEARN "PAIN"</li> <li>From the Nevada Lifespan Respite Care Coalition</li> <li>https://youtu.be/4feyalbg.Jfu – When life seems chaotic, routines are great stress relievers even when circumstances are challenging. The more "normal" the day seems, the less stress on your stress control systems. Having a routine can be helpful at any time, particularly if you are trying to establish self-care habits, but these routines can be particularly important when aspects of caregiving make your life feel</li> </li></ul>
	<ul> <li>uncertain. MAKE IT "ROUTINE"</li> <li>Resource to share from Seasons: "What does it mean when you're grieving a loved one who's still alive?" This article includes</li> </ul>



https://www.seasons.com/what-is-anticipatory-grief-and-why-is-it- a-burden-on-caregivers/2580445/
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