



November is National Family Caregivers Month

Caregiver stress can easily become overwhelming, especially with social distancing. If caregivers become too stressed and become sick, it may limit or even stop their ability to provide care. In other words, self-care is not selfish, rather it allows people to stay healthy physically and mentally and ultimately provide better care.

- **Accept help.** Make a list of ways that others can help you, and let the helper choose what he or she would like to do. A friend may offer to take the person you care for on a weekly walk, or a relative may be able to pick up your groceries or cook for you.
- **Set realistic goals.** Break large tasks into smaller steps that you can do one at a time. Establish a daily routine and say no to requests that are draining, such as hosting holiday meals.
- **Get connected.** Learn about local caregiving resources, including Minuteman's Family Caregiver Support Program. Many communities have classes specifically about the disease your loved one is facing. Caregiving services such as transportation, meal delivery or housekeeping may be available.
- **Join a support group.** A support group can provide validation, encouragement, and even problem-solving strategies, as members understand what you may be going through.
- **Seek social support.** Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time for connecting, even if it's just a walk with a friend.
- **Set personal health goals.** Establish a good sleep routine, as not getting quality sleep over a long period of time can cause health issues and should be shared with your doctor. Find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.
- **See your doctor.** Get recommended vaccinations and screenings. Make sure to tell your doctor that you're a caregiver. Don't hesitate to mention any concerns or symptoms you have.

Adapted from: [Mayo Clinic](#)

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