

# TIPS FOR CARERS

**CARING FOR ANOTHER PERSON WHO NEEDS EXTRA SUPPORT CAN BE EXHAUSTING AND STRESSFUL.  
WE ARE HERE TO SUPPORT YOU TOO.**

## WAYS TO SUPPORT YOURSELF

**TAKE TIME FOR YOURSELF AS OFTEN AS YOU CAN.**

**CONNECT WITH OTHER CARERS THROUGH SUPPORT GROUPS ONLINE OR FACE TO FACE.**

**PRACTICE MINDFULNESS.**

**SPEND TIME WITH YOUR FRIENDS OR FAMILY.**

**EXERCISE TO MANAGE STRESS.**

**FOCUS ON GETTING QUALITY SLEEP.**

**“ONE PERSON CARING ABOUT ANOTHER REPRESENTS LIFE'S GREATEST VALUE.”**

**– JIM ROHN**

**IF YOU NOTICE FEELINGS OF WORRY, ISOLATION, SLEEPLESSNESS, ANXIETY ETC.  
WE ARE HERE TO HELP**

