

I want to talk about something I personally struggled with. Caregiver Burnout!

Here are a few pieces of advice for all you dedicated caregivers. Hoping this helps you or someone you know navigate this journey with resilience and self-care.

I remember the thought of doing something for myself as being very selfish. I was my own worst enemy. Though we feel as though we can manage it all, it doesn't mean we should. Self-care should be high on your list. Prioritizing self-care is a necessity. This may look different for all like taking a walk, manicure/pedicure, a bubble bath are just some examples.

Reaching out for help when we need it. Please do ask for help because that too is the kind and loving thing to do. Not only for ourselves but for our loved ones. Accepting does not diminish your role. "I wish I was given this bit of advice in the midst of my journey with my daughter's illness". We must acknowledge that we are only human and deserve support.

Delegate tasks to others when possible. We must recognize our own limits and communicate them openly. To create a healthy balance. Prioritize your health. Remember you can't pour from an empty cup. Seek emotional support. Whether it be from a loved one, friend, or support networks. We all deserve to have an outlet. One resource that I personally found helpful was: Caregiver Action Network. I was able to talk to other caregivers and find a safe space judgement free.

With warm regards,

From one caregiver to another

*Caregiver Action Network Link:*

<https://www.caregiveraction.org/community>

