

# GUIDE TO SELF-CARE

How to Care for Yourself While Caring For Others

## MAKE YOURSELF A PRIORITY TOO

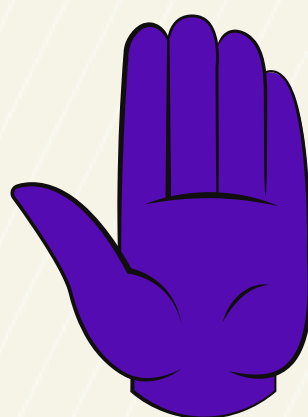


### PRACTICE MINDFULNESS & SELF-COMPASSION

Mindfulness requires the non judgmental observation of how you're feeling and self-compassion is then asking yourself what you need based on those feelings.

### SET BOUNDARIES

You have the right to balance your own needs with the needs of people you care for. Know your personal limits and say no to requests that push those limits.



### TALK TO SOMEONE

Whether it is to socialize or vent, talking to someone can alleviate stress and/or loneliness. Please reach out if you are in need of a listening ear (see below).

### FIND WAYS TO COPE

Find actions or coping mechanisms that help alleviate feelings of stress or anxiety. Whether it's listening to music, going for a walk, or taking a bubble bath, find little things that bring you comfort.



### ASK FOR HELP

There is absolutely no shame in asking for help. Recognize the limits of your own endurance and strength and seek help when necessary.