



Care for the Caregiver

Practicing Self-Care: Your Reflections

- Knowing your limit

How would you describe any of your limits that would affect your performance?

- Maintain a healthy balance

What aspects of your life represent a "healthy balance"?

- Seek help for symptoms that are interfering with daily life

Are there any symptoms interfering with your daily life? What are they? Who could help to resolve them?

- Maintain positive supportive connections with others

Who are the people forming your positive support connections?

- Implement regular mini-escapes in your life

What mini-escapes have you taken lately?

- Don't medicate

Any emerging dependencies?

- Get professional help

If you wanted professional help, to where would you turn?