

SELF-CARE FOR RARE CAREGIVERS: ESTABLISHING HEALTHY HABITS OUTSIDE OF CAREGIVING

Prioritizing self-care can be a challenge when providing rare caregiving to others. Self-care is essential to prevent burnout as the healthier you are, the more energy you will have to care for others. Self-care does not look the same for every rare caregiver. Try incorporating one of these tips each month and with practice, taking care of yourself will become second nature.



Learn & practice stress reducing techniques



Attend to your own healthcare needs



Get adequate rest and nutrition



Exercise regularly even if only for a short time



Take time off without guilt



Participate in enjoyable activities, like reading a book



Seek and accept the help of others



Seek counseling when needed



Practice mindfulness: identify and acknowledge your thoughts, emotions, feelings, and challenges



Practice common humanity: through shared experiences, i.e. peer support, online support groups



Set obtainable goals



Practice self-kindness



Practice the Healthy Habits of Emotional Wellbeing

