



JANUARY: SELF CARE

– What Caregivers Need to Know –

The Basics

Self-care means taking the time to do things that care for your mind, body, and spirit. Self-care is vital to maintaining a healthy relationship with yourself. It supports overall health and well-being. Being a caregiver can be stressful, and oftentimes caregivers are encouraged to focus their energy on others and are then left with little energy to focus on themselves. Self-care is not selfish, as focusing on your own well-being can help you to avoid burnout and feel more satisfied as a caregiver.

Self-Care Practices:

One way you can practice self-love is to reduce your negative self-talk. Self-talk is the private, inner conversation that you have with yourself. When your self-talk sounds negative it can limit your ability to believe in yourself and the things you want to achieve. Negative self-talk is any thought you have that reduces your ability to make positive changes in your life and can impact your confidence.

Try This:

Notice Negative Self Talk

Replace Negative Self Talk with Positive Self Talk

Instead of negative self-talk like: “I’m a failure, I can’t do this”,

Try to replace those thoughts with: “I am enough, I can do it. My internal peace is my priority.”

Additional Resources

- Article: [Self Care Affirmations](#)
- Video: [10 minutes of self care](#)