

self-care for the CAREGIVER



Caregivers often face overwhelming physical, emotional, and mental demands while caring for a loved one. While caregiving is rewarding, neglecting self-care can cause burnout and, in the long run, affect the quality of care provided. Prioritizing your own health is essential — not selfish — so you can continue to care for others effectively.

Caregivers who don't make time for self-care can become exhausted, stressed, and physically drained. Taking time to care for your own wellbeing can help replenish your energy, ease stress, and prevent burnout, ensuring you can provide compassionate care. Here are some simple self-care tips to help support your mental and physical health:

Set Boundaries. Establish limits on your time and energy. It's okay to say "no" when necessary and communicate your needs to others.

Prioritize Rest. Aim for 7-8 hours of sleep each night. Adequate rest is key to maintaining both physical and mental health.

Stay Active. Physical activity of any kind (i.e. walking, stretching, etc.) can give you a boost in mood and help you manage stress. Pair this with drinking plenty of water.

Ask for Help. You don't have to do it all alone. Whether it's a friend, family member, or professional service, leaning on others can give you much-needed respite. Sharing caregiving duties can provide much-needed breaks.

Take Time for Yourself. Make time for activities that bring you joy—reading, crafting, cooking, or simply enjoying a hot bath.

Practice Mindfulness. Techniques to clear your mind and reduce stress can help during a period of high caregiving demand.

Taking care of yourself isn't just about relaxation — it's about maintaining your ability to care for others. By prioritizing self-care, you ensure you're physically and emotionally able to provide the best care possible. ♦



QUICK CLICK

Move Your Way

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The Move Your Way Activity Planner helps you set goals, choose activities, and get tips to stay motivated. You can create a personalized weekly plan that includes a mix of aerobic and muscle-strengthening activities. ♦



HEALTHY GRILLED SALMON

INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste

INSTRUCTIONS

Preheat the grill to medium-high heat. Brush the salmon fillets with olive oil and season with garlic, dill, salt, and pepper. Place the fillets on the grill, skin-side down. Grill for 6-8 minutes per side, or until the salmon is cooked through and flakes easily with a fork. Top with lemon slices before serving.



FOOD FOR THOUGHT

Fishing for Healthy Fats

There are plenty of fish in the sea, and some of them are especially rich in healthy fats known as **omega-3 fatty acids**, which can offer numerous health benefits. They are essential for maintaining good health and play an important role in reducing your risk of chronic diseases. Here's how:

Heart Health. Omega-3 fatty acids, including **EPA (eicosapentaenoic acid)** and **DHA (docosahexaenoic acid)**, are crucial for heart health. They help lower triglycerides, reduce blood pressure, and improve heart function, which in turn lowers your risk of heart disease.

Brain Function. Omega-3s are also vital for brain health. DHA, in particular, is a key structural component of brain cells and plays a role in cognitive function. Regularly eating foods with omega-3s is linked to improved memory, better mood regulation, and a reduced risk of mental health disorders like depression and anxiety. Some studies also suggest omega-3s may help slow cognitive decline in older adults.

Reducing Inflammation. Omega-3s also have anti-inflammatory properties, helping reduce chronic inflammation that can come with conditions like arthritis and diabetes, and potentially easing symptoms and improving overall health.

Eye Health. DHA is important for eye health and is a key nutrient in preventing age-related macular degeneration (AMD), which is a leading cause of vision loss for older adults.

Vitamin D. Fatty fish are excellent sources of **vitamin D**, which supports bone health, immune function, and mood. Fish like **salmon, sardine, Atlantic mackerel, cod, herring, lake trout, and light tuna in water** (canned or pouch) provide a natural source of this essential nutrient.



Exercise Anywhere



Cat Cow

Sitting tall, place hands above knees. Inhale, press hands into thighs, bring belly forward, draw shoulders back and gently lift chin toward the sky (cow pose). Exhale, draw belly in toward spine, round shoulders forward and drop chin toward chest (cat pose). Continue for 3 - 5 deep breaths. Inhale into cow and exhale into cat.

Regular movement is fundamental to good health. Moving or changing postures every 30 minutes is recommended.

Challenge of the Month:



Restful Remedy

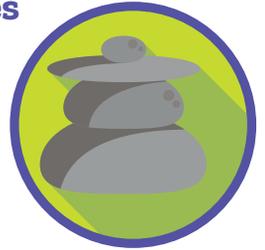
Challenge yourself to dedicate time each day for activities that bring you joy and relaxation. Whether it's three minutes before bed, or an hour each morning, make time to prioritize your wellbeing and recharge your spirit!

MIND MATTERS

Balancing Act:

restore harmony to your hormones

Our bodies are filled with hormones—chemical messengers that play a vital role in regulating many important functions throughout the body, including growth, metabolism, and reproductive health. When hormones are imbalanced—whether from too much or too little of a particular hormone—it can lead to health challenges. Some common hormone-related concerns include:



IRREGULAR MENSTRUATION.

Hormonal imbalances can sometimes affect your menstrual cycle, leading to conditions like **PCOS** or **amenorrhea** (loss of menstrual cycle).

INFERTILITY. Hormonal changes, such as issues with ovulation in women or low testosterone in men, can contribute to fertility challenges.

ACNE. Hormonal shifts, often during puberty, pregnancy, or menopause, can affect oil production in the skin, contributing to hormonal acne.

DIABETES. Diabetes is linked to how well your body handles insulin, the hormone that regulates blood sugar. When insulin isn't working properly, it can impact blood sugar levels.

THYROID HEALTH. Conditions like hypo- (low) and hyper- (high) thyroidism can influence metabolism, causing symptoms like fatigue, weight changes, and mood fluctuations.

WEIGHT MANAGEMENT. Hormones such as cortisol (stress hormone) and thyroid hormones play a significant role in metabolism and weight regulation.

If you're experiencing symptoms like digestive issues, changes in weight, fatigue, mood shifts, or changes in skin health, it may be worth exploring hormone testing with your doctor. Understanding your hormonal health can lead to effective treatments and a balanced life. ♦