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# Take Care of Yourself as a Caregiver

<u>Español</u>

Caregiving can be rewarding, but it is also challenging. Taking time for yourself can make you a better caregiver.

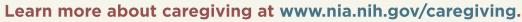
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Activities like these can lower your stress, boost your mood, and help make you a better caregiver, too.





Join a

group.

support

Give yourself credit for everything you're doing. Ask for help when you need it. Your caregiving makes a big difference in someone else's life.

NIA offers ideas, tips, and resources for many aspects of <u>caregiving</u>, including <u>long-distance caregiving</u>, <u>Alzheimer's caregiving</u>, and <u>planning for long-term care</u>.

Make

you enjoy.

time for

a hobby

# You may also be interested in

- Reading more tips for taking care of yourself as a caregiver
- Learning about respite care
- Exploring frequently asked questions about caregiving

Read a transcript of the infographic

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