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Take Care of Yourself as a Caregiver

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

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Take Care of Yourself as a Caregiver

Take a short walk outside.

Try a yoga class.

Meet a friend for lunch.

Join a support group.

Make time for a hobby you enjoy.

Go to sleep a half-hour earlier.

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

Learn more about caregiving at www.nia.nih.gov/caregiving.

NIH National Institute on Aging

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 [caregiving](#), including [long-distance caregiving](#), [Alzheimer's caregiving](#), and [planning for long-term care](#).

You may also be interested in

- Reading more [tips for taking care of yourself as a caregiver](#)
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- Exploring [frequently asked questions about caregiving](#)

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