

# Mayo clinic guide to self-care

Wan Li - Mayo Clinic Guide To Self



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That's why it's so important to take advantage of the many resources and tools available to help you provide care for your loved one. Nearly 60 percent of caregivers work outside of the home.

### Caregiver stress: Tips for taking care of yourself

For spending time with people, set up phone call times, and if you have smartphone capabilities to do so, set up face time talks with your friends and family. Wear disposable gloves and a face mask when providing oral and respiratory care and when handling stool, urine or other waste.

### Self

It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Don't allow visitors until the sick person has completely recovered and has no signs or symptoms of COVID-19. It is normal to feel stressed or overwhelmed during uncertain times.

### Building Immunity

How can you support a sick loved one and manage your stress? It may also increase your use of alcohol, tobacco or other drugs.

### Insect bites and stings: First aid

Talk to the doctor if you have any questions about treatments.

### Treating COVID

Don't reuse your mask or gloves. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

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Limit your exposure or take a break from news and social media if you find that it makes you anxious. Some insects also carry disease, such as West Nile virus. When using shared spaces, limit your movements.

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## Related Books

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