

# Self-Care for the Caregiver

## a talk at the Hospitality House

Dr. Tim Doty - May 21, 2015



### TIPS:

1. Take care of YOU
2. Ask for help before you think you need it
3. Find resources in your community that allow you to take breaks (respite)
4. Take breaks
5. Self-soothing techniques
  - soothing to the: sight, smell, taste, touch, sound
6. eat well, sleep well, exercise well
7. calendar your own needs as if they are appointments
8. support groups
9. consider professional help: counseling, family therapy
10. understand change in relationship dynamics

### AVOID:

- substances: alcohol, drugs, improper use of Rx
- burnout
- taking on too much

### ADDITIONAL RESOURCES:

Caregiving support- <http://www.helpguide.org/articles/caregiving/caregiving-support-and-help.htm>

Prevent burnout- <http://www.helpguide.org/articles/stress/preventing-burnout.htm>

Managing Stress- <http://www.aafp.org/fpm/2002/0400/p35.html>

### NOTES:



[www.DrTimDoty.com](http://www.DrTimDoty.com)  
Twitter: @DrTimDoty  
[www.CFItulsa.com](http://www.CFItulsa.com)

