



Family
Caregiver
Alliance®

5 Self-Care Validations for Family Caregivers

We've all heard the phrase, 'Put your own oxygen mask on first.' More than anyone else, family caregivers need to remember these words.



Acknowledge that your job is hard. The fact that you're still standing is reason enough to be proud. Forgive yourself for not being perfect, whatever that is.

Get comfortable asking for help. What's keeping you from asking for help? Do you think you're being selfish? Are you really alone? Reach out to FCA—we'll help you find the help you need.



Your mental health is important. Is it any surprise family caregivers are at increased risk for depression? It may seem impossible, but we must make time to care for ourselves.

Feeling impatient? Something may need to shift. Don't wait until you're overwhelmed to reach out. Ask yourself, "What's causing stress that I can get help with right now?"



Put finding respite for yourself on your list. Find small and large tasks you can offload on a regular basis. Find people or services to give you time off, now or in the near future.

Want to Learn More? Find strategies, resources, and information about self-care for caregivers in our **Taking Care of YOU: Self-Care for Family Caregivers** fact sheet at caregiver.org/resource/taking-care-you-self-care-family-caregivers.

