

Today's Message:

Care for yourself while caring for others.



Caregivers need support too. The healthier you are, mentally and physically, the better you'll be able to care for someone else.

- Make time each day to “check in” with yourself. Think about how you’re feeling and make a plan for coping with stress.
- Lean on your support network. Ask for help from family and friends or join a caregiver support group and talk about your experiences with others who understand.
- Maintain balance. While your schedule may look different these days, be sure to plan breaks for yourself and set aside time for self-care.



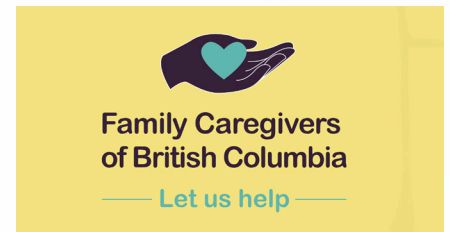
Caregiver Support Line

Family Caregivers of British Columbia has a toll-free support line which provides emotional support, information, and help finding resources specific to your needs. Call 1-877-520-3267 Monday to Friday from 8:30am to 4pm.



Join an online meeting

The Family Support Institute of BC has put together a list of online meetings for families of people with disabilities. Connect with families in your community and across the province for peer-to-peer support. **Check out the list.**



Caring for yourself

The “Taking Care of Yourself” booklet is a handy guide to help you care for all dimensions of your health, from the physical to the emotional and spiritual. Fill out the Caregiver Self-Assessment to identify areas where you might take action or seek support to better care for yourself. **Read the booklet.**



Keeping your mind and body healthy

Take a moment for meditation with **a relaxing playlist**; try easy recipes and meal prep to make **healthy eating** a part of your routine; and learn how **technology can support caregivers** and help you cope with physical distancing during COVID-19.