

# HERE'S TO HEALTH

## How to Care for YOU:

- **REDUCE STRESS:** Identify what you can and cannot change.
- **SETTING GOALS:** Decide what you would like to accomplish.
- **SEEKING SOLUTIONS:** Identify the problem and then take action.
- **COMMUNICATE:** Express yourself in a clear, assertive, and constructive way to let others understand you.
- **ASK FOR HELP:** Make a mental list on how others could help you.
- **EXERCISE:** Do it! You will get better sleep while reducing stress and depression.
- **TALK TO A PHYSICIAN:** Make sure your appointment needs are met by making a list ahead of time.
- **SAY NO:** We can't do it all. Know when to pass on requests that add more tasks to your list.

One of the most important ways we can care for others is by focusing on ourselves. Take time for yourself and see how those you care for can reap the benefits!



## SELF-CARE FOR FAMILY CAREGIVERS EDITION



### Signs of stress

- Exhausted all the time
- Sick more than usual
- Withdrawing from people
- Not sleeping enough
- Feeling impatient or forgetful
- Not enjoying things you used to

Resources if you feel overwhelmed: primary care physician, employer employee assistance program (EAP), free Optum Emotional Support

Help Line (866) 342-6892