

CARING FOR THE CAREGIVER



Emotional Health

Emotional health is all about how we feel about ourselves, the various relationships in our lives, and dealing with difficult emotions in daily situations. Having good emotional health is knowing emotions are a natural part of life but not allowing yourself to be controlled by them. Caring for your emotional health can help you overcome many of the challenges caregivers face and can help support your loved ones when they may be overcome with emotion.

Tips to Support Your Emotional Health

- **Journal your feelings:** Allow yourself the space to write down your thoughts, feelings, and emotions. Writing them down often helps you to work through complex feelings and provides you an outlet for better emotional health.
- **Stay connected:** Being a caregiver can feel isolating without a solid support system. Participate in social activities with family and friends however it makes the most sense for you - a call, text, or in-person meet-up will lift your spirits.
- **Practice self-care:** Self-care doesn't mean your needs are more important than your loved ones. It means that your needs are just as important as your loved ones. Make time for things that you love - hobbies, activities, or actions that provide you a sense of comfort and peace.
- **Speak Up:** Let your loved ones know when you are feeling down or overwhelmed. Express your emotions and talk through them together.