

CARING FOR THE CAREGIVER



Physical Health

Physical health focuses on a variety of things related to your physical body. Factors like nutrition, physical activity, preventative health care, and rest make up your physical health status. Taking care of your body can help decrease stress and increase energy, which in turn, can help you support others.

Tips to Support Your Physical Health

- **Get active:** Find a style of movement you enjoy and aim to practice it for 30 minutes a day, three times a week. There are many activities like yoga that you can do from home with little to no equipment.
- **Keep your health care appointments:** It is hard to care for your loved one when you are sick. Be sure to stick to your annual checkups and preventive screening appointments to maintain your physical health.
- **Maintain a healthy diet:** Eating well gives you the energy to take care of yourself and your loved one. Be sure to stock your pantry with healthy snacks and meals so that it's easy for you to make good choices at home or on the go.
- **Don't skip out on sleep:** Caregiving can sometimes feel like a 24/7 role, but make time to practice healthy sleep habits. A lack of sleep can affect your ability to stay focused and deal with stressful situations. Establish a bedtime routine, and if you still have trouble falling or staying asleep, let your health care provider know so they can support you!