



# Self-Care for Caregivers

People who care for others, whether as a profession, as a volunteer, or as a family member, must care for themselves too

Tips and resources for mental wellness from the Tri-County Board of Recovery and Mental Health Services. For more information specific to the coronavirus pandemic, go to [www.tcbmds.org/coronavirus](http://www.tcbmds.org/coronavirus)

## Important self-care tips

Some important tips for caregivers include:

- Ask for help when you need it.
- Take time for yourself (use respite services).
- Exercise, eat healthily and sleep well.
- Relax regularly.
- Keep up social contacts.

Remember that you can't take care of others if you're not taking care of yourself. For more information, including where to find professional help, go to [www.tcbmds.org/resources](http://www.tcbmds.org/resources)

