

R.E.A.L GoalSM: Caring for the Caregiver

(Realistic, Easy, Attainable, Life Goals)

Example: I will schedule and complete at least three weekly self-care activities.

Background:

Taking care of your health can be stressful; taking care of someone else can be equally or even more taxing. The exhaustion, stress, anxiety, and financial and physical toll can wear on you and possibly lead to burnout. By taking some time each week to invest in yourself, you'll be able to provide the best care for others and yourself.

Activities to address and reduce caregiver burnout:

- Take 10 minutes for yourself: Take a walk, meditate, stretch, read a book, do something you enjoy, etc.
- Know your limits and identify other ways to get assistance in managing the care if needed.
- Get enough sleep: Schedule downtime to relax before bed and remove distractions (such as electronics) to get the best quality of sleep you can, aiming to get seven to eight hours a night.
- Focus on staying hydrated and fueling your body with nutritious foods.
- Be social: Join a support group, call a friend or loved one, or schedule a visit with a friend to relieve stress and share in a laugh.
- Listen to music or podcasts that you enjoy or motivate you.
- Journal: Write down your thoughts, frustrations, or ideas to help better plan your day and manage your stress.
- Utilize community resources such as the County Aging and Disability Resource Center, the Greater WI Area on Aging Resources (gwaar.org), The Family Caregiver Alliance (caregiver.org), or the local senior center.
- Search "Caregiver burnout WebMD" for more information.

Explore more [Real Goals and Supplemental Resources](#)

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