

SELF-CARE FOR RARE CAREGIVERS: ESTABLISHING HEALTHY HABITS OUTSIDE OF CAREGIVING

Prioritizing self-care can be a challenge when providing rare caregiving to others. Self-care is essential to prevent burnout as the healthier you are, the more energy you will have to care for others. Self-care does not look the same for every rare caregiver. Try incorporating one of these tips each month and with practice, taking care of yourself will become second nature.



Learn & practice
stress reducing techniques



Attend to your own
healthcare needs



Get adequate rest
and nutrition



Exercise regularly
even if only for a short time



Take time off without guilt



Participate in
enjoyable activities,
like reading a book



Seek and accept the
help of others



Seek counseling
when needed



Practice mindfulness:
identify and acknowledge
your thoughts, emotions,
feelings, and challenges



Practice common
humanity: through shared
experiences, i.e. peer
support, online support
groups



Set obtainable goals



Practice self-
kindness



**Practice the Healthy Habits
of Emotional Wellbeing**

