



R.E.A.L. GoalSM: Caring for the Caregiver (Realistic, Easy, Attainable, Life Goals)

Example: I will complete at least 3 self-care activities each week.

Background:

Taking care of your own health can be stressful; taking care of someone else can be equally or even more taxing. The exhaustion, stress, anxiety, and physical toll can wear on you and possibly lead to burnout. By taking a few moments 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 you: Take a walk, meditate, stretch, read a book, do something you enjoy, etc.
- Know your limits and if needed, identify other ways to get assistance in managing the care.
- 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 7-8 hours a night.
- 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 (www.gwaar.org) or the local senior center.
- Search "Caregiver burnout WebMD" for more information.

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)