

CAREGIVER AWARENESS

The Importance
Of Self-Care

Are You
Practicing Self-Care

Starting Your
Caregiver Journey

The Senior
Alliance

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What's your Caregiver Intensity Score? Take a minute to check in on yourself and find out – you'll see you're not alone in this and get connected to things that can help.

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The Importance Of Self-Care

Caregivers often put so much energy into scheduling, planning, and caring for their loved ones that they sometimes neglect a vital piece of advice: take care of themselves first.

Almost everything will work again if you unplug it for a few minutes, including you.

- Anne Lamont

While caregivers excel at providing top-notch care for others, practicing self-care for themselves is not always as straightforward. True self-care goes beyond enjoying a hot bath or treating yourself to extra desert.

Self-care involves participating in activities that improve your life and support you as a whole person.

QUICK CHECK: In the last week have you...

**Had enough sleep
each night?**

**Engaged in a
hobby?**

**Practiced
mindfulness?**

**Talked to someone
about your
feelings?**

Exercised?

**Spent time with
friends?**

Visit Caregiver Haven

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Are You Practicing Self-Care

Caregivers often pour so much energy into scheduling, planning, and caring for their loved ones that they sometimes forget a vital piece of advice: **to take care of themselves first**. If you don't look after your own health, you might find yourself unable to care for your loved one.

True self-care goes beyond enjoying a hot bath or treating yourself to extra dessert. Self-care involves participating in activities that improve your life and support your physical and mental health.



Take care of yourself first by keeping up with check-ups, eating well, and staying active, you'll have more energy and strength to care for your loved one.



Caring for your emotional wellbeing by taking breaks, seeking support, and practicing mindfulness helps you stay balanced and better equipped for the caregiving journey.



Manage your time by setting realistic goals, breaking tasks into smaller steps, and asking for help when needed—so caregiving feels more doable and less overwhelming.



Make time for activities you enjoy. Hobbies and interests can give you a much-needed break and help you recharge.



Stay connected with friends, family, and professionals—strong relationships and support can lift your spirits and help you manage the emotional challenges of caregiving.

**Get More
Self-Care Tips**

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Caregiver Assessment: Archangels Caregiver Intensity Index (CII)

The Archangels Caregiver Intensity Index (CII) supports all caregivers, including those who might not see themselves in such a role. It offers a “score” that acknowledges your experiences and helps you recognize if you're nearing burnout or neglecting your own health. Check your CII score.

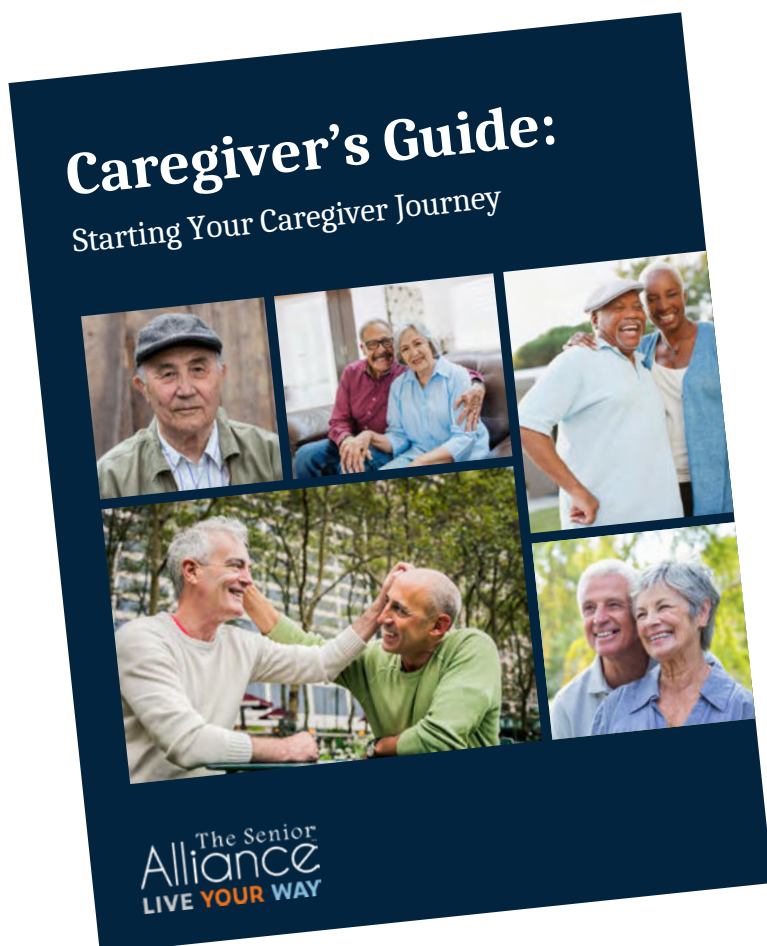
Get Your Score

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Starting Your Caregiver Journey

At The Senior Alliance, we understand the responsibility and compassion that caregiving requires. That's why we're committed to supporting you with resources, guidance, and encouragement, tailored to your specific needs.

The Senior Alliance's *Caregiver's Guide: Starting Your Caregiver Journey* provides invaluable tips and comprehensive information about assessment and planning, wellness and communication, selfcare, and other topics of interest to family and informal caregivers.



Press Play to view or download
*Caregiver's Guide:
Starting Your Caregiver Journey*

