

# Take Care of Yourself, Caregiver

You, caregiver, are honored. You have provided love, support, and care to your loved ones throughout their cancer journey. Because our healing is interconnected, it's important to take care of your wellbeing for yourself and your loved ones. Feed your mind, body, and spirit like you are for the person you are giving care to. Here are some self-care reminders:

## Take care of your own physical health!

- Stay up to date on routine health care appointments.
- Get moving in ways that release stress.
- Practice deep breathing and meditation.
- Connect with foods and lands that feel good to you.

## Protect and honor your energy and capacity. Remember you don't have to take everything on.

- Create boundaries, take space and validate your own experience, including your emotions, etc. Allow yourself to feel everything - the laughter, stress and tears.
- Connect with spiritual leaders and elders.
- Take short frequent breaks.
- Ask for help or seek support.
- Join a support group.
- Create a phone tree of relatives who can help share the care responsibilities.

## Enjoy life! Lean into the joy when the moment presents itself, especially with your loved ones.

- Our ancestors and relatives have a wonderful sense of humor. Stay humorous.
- Re-engage, maintain, explore your interests, hobbies, and other parts of you that make you feel like you. As your loved one's healing journey changes, your role as a caregiver may change too, so being able to maintain your daily routines will be helpful for your transition as well.

Remember you are doing the best you can with what you have. Your energy is sacred and the care you provide to yourself and loved ones is important. Thank you for your love and support of our relatives, including your own wellbeing.

Note for relatives of the cancer survivor and caregiver: As your loved one heals, sometimes our most important responsibility is to support the person doing the primary caregiving. If you are a person who is a part of the support network and not the primary caregiver, what are ways you can support the caregiver in taking care of themselves so that they can show up more fully for their relative who is in a significant part of their cancer journey?

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