

YOUR HEALTHIEST SELF

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



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TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

TO TAKE CARE OF YOURSELF WHILE CARING FOR OTHERS:

- Get organized.** Make to-do lists, and set a daily routine.
- Ask for help.** Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- Try to take breaks each day.** Finding respite care can help you create time for yourself or to spend with friends.
- Keep up with your hobbies and interests** when you can.
- Join a caregiver's support group.** Meeting other caregivers may give you a chance to exchange stories and ideas.
- Eat healthy foods, and exercise** as often as you can.
- Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, ask your doctor or contact your local Area Agency on Aging.