



SmartFHR Newsletter



Family Caregivers Self-Care

In the journey of caring for our loved ones, we often find ourselves putting our heart and soul into ensuring their well-being and happiness. Being a family caregiver is a labor of love but can also be physically and emotionally demanding. It is important to remember that self-care is not a luxury, but rather a necessity that allows you to offer the best care possible to your loved one. Below are some tips for helping you incorporate more self-care:

1. **Prioritize "Me" Time:** Dedicate regular time to yourself, even if it's just a few minutes each day. Use this time to do activities that you enjoy or that help you relax such as walking, listening to music, or practicing mindfulness.
2. **Reach out for Support:** You don't have to do this alone. Reach out to friends, family members, or support groups for emotional support. Sharing your experiences with others who are going through similar challenges can be very helpful.
3. **Set Boundaries:** It's ok to say no when you need to. Don't take on more than you can handle, establishing clear boundaries can help you protect your time and energy.
4. **Healthy Lifestyle:** A healthy body supports a healthy mind. Prioritize eating well, staying hydrated, and engaging in regular exercise.
5. **Delegate and Accept Help:** Accept the assistance of family members, friends, or community resources. Delegating can help lighten your load and give you more time to care for yourself.
6. **Stay Connected:** Maintain social connections. Spend time with friends and engage in activities that allow you to unwind.
7. **Practice Relaxation Techniques:** Try techniques such as deep breathing, meditation, or yoga to help reduce stress.

Remember that your wellness matters. It's easy to get caught up in the caregiving routine and forget about your own needs. Your well-being matters and deserves the same attention and compassion that you give to your loved ones.

Learn About the SmartFHR™ App: Care Programs

Digital Care programs can help you manage chronic conditions like diabetes, high blood pressure, CHF, asthma, COPD, and musculoskeletal conditions. These programs help you stay on track by recording relevant health data and providing educational resources. Though this does not replace medical care or guidance from your provider, it can be used to help supplement the plan you have developed to help improve your outcomes.

Healthy Recipe: Smoky Tempeh Stuffed Acorn

Read more at <https://foodandnutrition.org/blogs/stone-soup/smoky-tempeh-stuffed-acorn-squash/>



Care Giver Self-Care



Tips for taking care of yourself when you are a caregiver: Read more at [Caregiver stress: Tips for taking care of yourself \(mayoclinic.org\)](https://www.mayoclinic.org/healthy-lifestyle/caregiver-tips/healthy-diet/food-and-nutrition/healthy-lifestyle/caregiver-stress-tips-for-taking-care-of-yourself)