



VeteranCaregiver.com Video Resource

Recommended Resources: Self Care Check-In

Definition	Self-care is essential to your health, wellness, mental well-being, and your ability to continue to provide caregiving. It is essential – not optional. Prioritize yourself at least as much as you prioritize others.
General Health	Sound nutrition, exercise, hydration, spirituality/religion, and social interaction for wholeness. Choices...
Mental Health	If you choose to privately seek counseling, faith-based organizations offer low-cost or free assistance, as does www.GiveAnHour.org with psychologists nationwide who provide their services gratis.
Check-In Questions	<ul style="list-style-type: none">• Am I eating well? Skipping meals, snacking too much?• Do I laugh each day? Red flag if you don't find something amusing each day, even if you don't laugh out loud.• Am I drinking enough water? Do I exist on coffee & soda instead?• Do I spend quiet time, reflection, prayer, or meditation each day?• Am I sleeping well or enough?• Do I get exercise each day?• Do I interact with others each day? In-person is preferable, but at least by phone to hear a voice or online if all else fails?
Social/Peer Groups	Start or join a local Meetup group for caregivers, to learn/participate in a new activity, or for a hobby that gives you pleasure.
Gratitude Journal	Start or maintain some form of journaling; it helps you realize how far you've come and can bring accomplishment and hope. A heart of gratitude brings hope and strength.
Caregiver Mantra	Caregivers are the heartbeat of the family. You matter.

Proprietary Recommended Resource List by VeteranCaregiver, a division of WiseHealth, Inc. May be shared with attribution and all resources should be researched by the user for individual benefit. All rights reserved. Updated June 2015.