



Pima Health System and Services  
Caregiver Education and Support Program  
3950 S. Country Club Rd.  
Tucson, AZ 85714

## SELF-CARE: COPING SKILLS

### **Monitor your own health**

Make and keep Dr./Dentist appointments; Exercise; Eat healthy meals

### **Accept help from others**

Ask for help; Be specific; Remember that it might not be the same as you would give it

### **Maintain outside involvements**

Try to do some things you enjoy that aren't related to caregiving (see your pie chart)

Get together with friends/family; keep connected through phone calls

### **Accept your emotions**

Feelings of anger, resentment, sadness, guilt, and fear are NORMAL.

Express these feelings to a supportive listener; keep a journal; join a support group

### **Set limits and avoid unrealistic expectations**

You can't do everything or do it perfectly; be realistic and forgiving of yourself

Focus on one thing at a time

### **Give yourself credit unceasingly**

Talk to yourself in a positive way; reduce the self-criticism and self-doubt

Remember that you are doing the best you can in a difficult situation

### **Learn relaxation and letting go**

Meditate or reflect for 10-20 minutes a day to clear your mind/take a mental break

### **Enjoy the Good Moments**

Find laughter in situations; be open to enjoying simple pleasures with and without your Care Receiver

### **Join a Support Group**

Be with people who will understand what you're going through; get ideas and resources