

Part 5 - What am I doing for myself today?

You need to keep yourself healthy and well (physically, mentally) in order to support others. It's up to you. No one else is able to do this for you. Below are two activities that may help:

Guide: Make a list of practices that help you to manage the stress related to your caregiving. Decide what you want to do (not what you should do, or have a need to do) and write some ideas below. For example, going for a walk, or connecting with other care partners. Plan for what you might do for yourself as your routine may have recently changed (and may continue to change).

- How much will you do?
- When will you do it?
- What resources do you need to do it?

Guide: Set a timer for 5 minutes. Do something for yourself.

- Breathe deeply
- Stretch
- Look out the window
- Read for pleasure
- Go for a walk
- Call a friend

Don't worry if you can't do it today, try again tomorrow.

If you wish to connect with other care partners online, please head to our new online discussion space [DementiaTalk Canada](#) to join the conversation!
