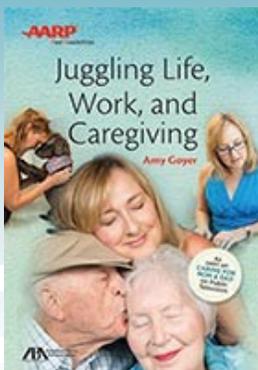


Care for the Caregiver: Keep Filling your Tank

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“We don’t expect our cars to run on empty, but we seem to expect ourselves to keep going just as efficiently on empty. That’s not realistic! It’s not selfish to care for ourselves; it’s just practical.”

- Amy Goyer, Author,
Juggling Life, Work and Caregiving

Always remember that it’s not an either/or decision – we can choose to care for ourselves *and* our loved ones, and in fact it’s crucial that we do. Without filling our own tanks we can’t care for ourselves much less anyone else!

If your car is knocking, has no pick-up, or alert lights are on, you give it some care. We need to do the same for ourselves. Pay attention to signs of stress or even burnout, such as not sleeping, being short-tempered or having problems with relationships, health and finances.

How to Fill Your Tank:

Only *you* know what fills *your* tank! You’ll need a blend of *all* of these:

- **Quick Tank Fillers:** Call a friend, give/get a hug; create or notice joy; walk around the block; sing and/or dance; get a cup of coffee; pet an animal; send a quick text or connect via social media like Facebook; do nothing at all.
- **Premium Fill-Ups:** Get respite—a break from caregiving, schedule classes like yoga or Zumba; golf or hike; nurture yourself; get creative—crafting, woodwork, painting; watch a favorite TV show or go to a movie; experience nature; spend quality (and quantity) time with loved ones.
- **Tune Ups:** Take a vacation; attend a retreat; go to a favorite, meaningful place.
- **Routine Maintenance:** Sleep; be aware of what you eat; exercise; get preventive health check-ups; get counseling or life coaching; get massages or acupuncture; re-assess your life/work/caregiving balance.

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