Self-Care While Caregiving

For caregivers, self-care is vital to protect your health, but it often falls by the wayside as the stress of day-to-day demands drains your energy, compassion, and sense of individuality. If you’re feeling stretched beyond your limits, there are ways to find your center again. Getting the support you need and practicing self-care can help you recover from burnout, boost your well-being, and become a better caregiver. As you do, you may find your relationship with the person you care for improves too. Place an emphasis on the importance of addressing the imbalance between how much you are giving and how much you are receiving. That means opening yourself up to outside support and resources. Ways you can build a stronger support system include finding a caregiver advocate, offloading some of the work, joining a support group, and getting additional support through you employer or local agencies.

Improving your approach to self-care can also include: eating healthy meals and snacks, prioritizing sleep, exercising, maintaining your health by seeing your doctor as recommended, and asking for help.

Sometimes, you need support to cope with the toll of caregiving. If you’re feeling anxious, depressed, or burned out, schedule a mental health appointment for yourself just as you would for your loved one. You can contact a primary care physician or mental health care professional for support.

Caregiving can be a meaningful and challenging experience. The key to recovery is to reclaim your needs — and remember that they’re just as important as your care recipient’s needs. With rest, support, and self-care, you can recover from burnout and build resilience to protect your health for the long haul.

For more information check out: [https://bit.ly/3TyXG5C](https://bit.ly/3TyXG5C) - From How to Find Time for Self-Care When Caregiving Courtesy Everyday Health
January Reminders!!

1-2-3 Magic
Wednesdays 10:30am-12:30 pm
Jan.17, 2024 – Mar. 13, 2024
Location: Mechanicsville Library
400 Formwalt St SW
Atlanta, GA 30312

PASTA
Thursdays 10am-12 pm
Registration: https://bit.ly/PASTA0124
Jan.18, 2024 – Mar. 14, 2024
Location: Access Mental Health Agency
1903 Phoenix Blvd. Suite 200
Atlanta, GA 30349

MLK Day Events:
Atlanta History Center 10am-4pm free admission

MLK Day Parade DeKalb County 10am

King Center King Holiday Observance Jan.8th-13th

MLK Day of service- Hands on Atlanta opportunities

Thank You for Attending our Holiday 2023 Luncheon
Client of the Month- Tonya Milsap

Each month we select a Project GRANDD caregiver to highlight so we can get to know each other.

Tonya Milsap is a grandmother raising 3 of her grandchildren. Ms. Milsap has been a member of Project GRANDD for two years and actively attends our family support groups. Her 3 year old grandson and a set of 5 year old twins keep her busy. The family enjoys spending time together at the YMCA where the children take swimming lessons and gymnastics. Some of her favorite things to do are exercising and heading to the sauna, where she gets a chance to relax and reflect. Ms. Milsap has overcome many obstacles, displaying her resilience and perseverance. Some advice she would like to give is pray, have patience, spend time with your loved ones and be understanding. Her favorite quote is nothing beats failure but to try!

SUPPORT GROUPS

A light dinner will be served 6:00pm – 6:30 pm during family meetings.

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DeKalb PM Family Support 6 PM-8 PM