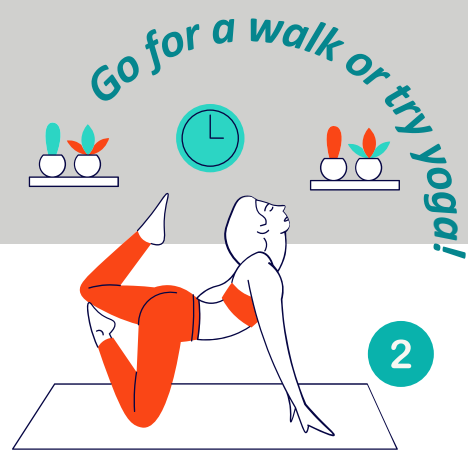


8 SELF CARE PRACTICES TO AVOID CAREGIVER BURNOUT!

Caregiver burnout happens when we don't take time to cultivate and provide for our own mental, emotional and physical needs.



Just a few minutes of meditation can significantly reduce anxiety. Apps like Headspace® and Calm® are great for beginners!



Getting your body moving and taking care of your physical self can boost energy and release feel good endorphins.



Even with a busy schedule, it's important to find time for you. Whether it's painting, golfing, crafting or gardening, doing something that makes you happy is key to avoiding burnout.



Practicing gratitude helps us to cultivate a positive sense of well being and can help to pull us out of a negative mindset. Listening to an audiobook or writing in a gratitude journal are great ways to practice gratitude!



Diffusing essential oils like lavender, bergamot or Ylang Ylang can help to promote calmness and reduce stress.



It's easy to get caught up in the business of caring for others, but don't be afraid to take time to share and take care of YOUR feelings.



Don't be afraid to ask close family members or friends to watch the kid(s) to give you time to slip away, if even for a few hours. Just prep medicines, meals and formulas ahead of time and leave instructions. And don't feel guilty for allowing yourself some time!



Connecting with other parents who have been there and understand your experience is key! Attend 'virtual meetups' and get to know other caregivers in your rare disease community!