

Caregivers have needs, too.



Caring for loved ones can be rewarding but also tiring, overwhelming, confusing and stressful. Many people in the “sandwich generation” feel obligated to put the needs of their children and parents before their own. But doing so can increase your risk of developing a physical or psychological injury.

- Be aware of your limits. Practice saying ‘no’ to what is unimportant to you. Give yourself permission to let go of guilt. Ask for help.
- Take breaks – at work, away from work, and from other responsibilities.
- Ask your loved ones what they need most, and focus your caregiving energy on that.
- Practice regular self-care. Pay attention to your body, emotions, and thoughts.

For more information about positive mental health, visit

ohs.bcgeu.ca

