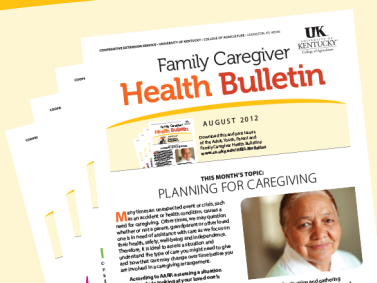


# Family Caregiver Health Bulletin



MARCH 2013

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## THIS MONTH'S TOPIC:

# A TIMEOUT FOR YOU

**Y**ou spend a lifetime taking time for others — parenting, caregiving, volunteering and through school and work, but how often do you actually take a timeout for you? Being a good caregiver includes taking time for you, which can also lead to a long and healthy life. The American Heart Association recommends making a conscious decision to do something every day that you enjoy. Whether it is reading a book, exercising or shopping without distraction, taking time for you is good for your mind, body and soul.

Aim for spending at least 10 minutes a day on you. Don't know where to start? You can start by thinking about the things you value and believe in. You can also think about ways in which you can better take care of yourself — are you getting enough sleep, eating a healthy diet, and exercising? "To Do"



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# Whether it is reading a book, exercising or walking your pet, taking time for you is good for your mind, body and soul.

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lists can help you prioritize your busy day. Making a bucket list that includes dreams, goals, aspirations and decisions can help you plan for the future. Your lists should include making time for the things that make you passionate.

Taking a guilt-free break to relax is important. When the body can naturally unwind itself, you tend to sleep better, have more energy and have a stronger immune system. It is also mentally healthy to take breaks from your routine.

Slipping away doesn't have to occur for extended periods of time — it can mean going to your bedroom with your door closed to sit, take a bath or read a book uninterrupted. If it's difficult for people to leave you alone, leave the house and go for a walk, meet a friend for coffee, see a movie or go shopping.

Finding opportunities and people who make you laugh is also a way to take care of you. Laughter makes you feel good, reduces stress, lowers depression and contributes to overall healthiness.

Taking time for you is not selfish. In fact, the opposite is true. If you are not at your peak, you cannot take care of yourself or others.

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#### Take care of yourself!

- Sleep
- Exercise
- Eat healthy
- Laugh more
- Declutter or organize your house and/or office
- Read a book
- Walk your pet
- Play with your kids/ grandkids
- Go to your doctor for checkups



Family Caregiver  
**Health Bulletin**

**Written by:** Amy Hosier, Ph.D.  
Extension Specialist for Family Life  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

