SELF-CARE FOR CAREGIVERS

YOU DESERVE TO TAKE PART IN SELF-CARE!

"Taking care of yourself is the most powerful way to begin to take care of others"

- Bryant McGill

UNDERSTAND WHAT HELPS YOU RELAX

Here are some common examples; but do whatever works for you!

Spending time with friends

Pamper yourself

Taking a nap

Going for a walk or exercising

SELF-CARE DOES NOT HAVE TO BE EXTENSIVE OR TIME CONSUMING

It could be as simple as taking several deep breaths to help calm your brain!

TALK ABOUT WHAT'S ON YOUR MIND

It is okay to ask someone for help! Talk to someone about how you're feeling. It could be a:

- co-worker
- loved one
- friend
- therapist
- support group members

YOU ARE DOING THE BEST YOU CAN

Always be kind to yourself! There are things that you have no control over!
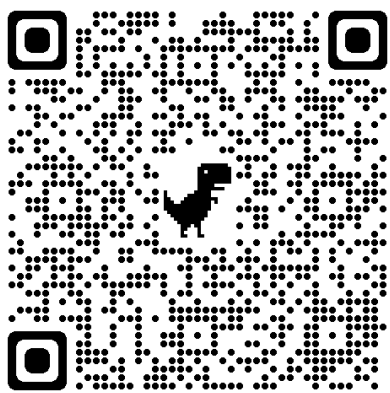
GAIN KNOWLEDGE ON TOPICS THAT MAKE YOU UNEASY OR UNCOMFORTABLE

Having a greater understanding of what is going on with a child may help you to become more comfortable around them
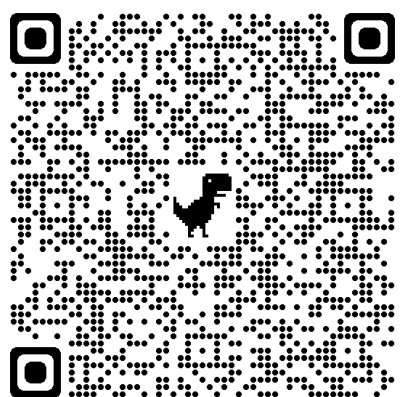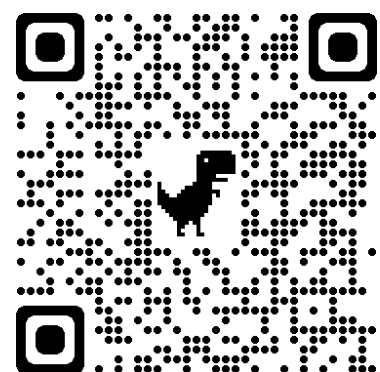
RESOURCES

**TORONTO PUBLIC LIBRARY:
HEALTH & WELLNESS**
website:
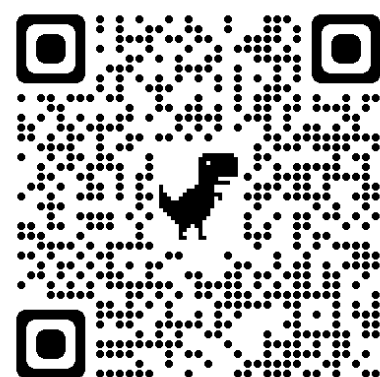https://www.torontopubliclibrary.ca/programs-and-classes/categories/health-wellness.jsp

TORONTO MENTAL HEALTH
website: https://www.toronto.ca/community-people/health-wellness-care/covid-19-wellness-during-the-pandemic/covid-19-mental-health-resources/
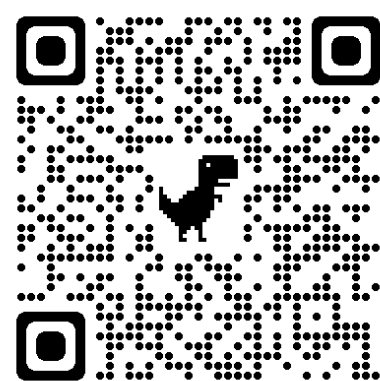
TORONTO HEALTH AND WELLNESS
website: https://www.toronto.ca/community-people/health-wellness-care/

YORK REGION: HEALTH AND MINDFULNESS
website: https://www.york.ca/search?search=mindfulness+

GETTING STARTED WITH MINDFULNESS
website:
https://www.mindful.org/meditation/mindfulness-getting-started/
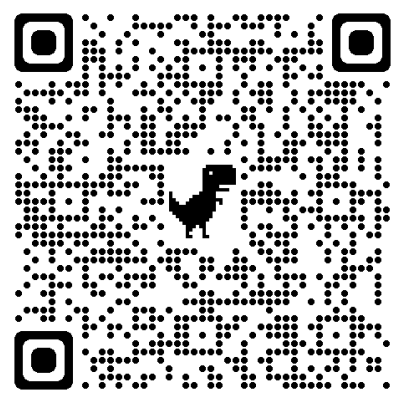
HUMBER COLLEGE CENTRE FOR HEALTHY LIVING
website:
https://healthsciences.humber.ca/current-students/resources/learning-labs/centre-for-healthy-living.html