Tips for Wellness

Living a healthy lifestyle is difficult to do when you are a caregiver. It is a proven medical fact good nutrition, exercise and other healthy behaviors may help you deal with stress from being a caregiver.

Four Parts of a Wellness Plan Are:
- Physical Activity
- Nutritional Recommendations
- Stress Reduction
- Medical Reduction

Each caregiver is different and therefore each wellness plan is different. It's extremely important that you consult with your health care team and discuss your medical history when developing a wellness plan.

Physical Activity can include:
- Breathing exercises
- Walking
- Gardening
- Playing sports you enjoy
- Dance or movement classes

Nutritional Recommendations:
- Eating 5 to 7 servings daily of fruits and vegetables
- Eating plenty of fiber
- Eating enough fat - up to 20% of your total calories per day
- Drinking 8 to 10 glasses of water per day

Stress Reduction Activities:
- Doing things you find fun and that make you laugh
- Doing things that make you feel relaxed
- Taking classes- like music, painting or other hobbies
- Writing in a journal
- Praying and meditating
- Attending support groups or counseling

Medical Care:
- Taking your medications as directed
- Having regular medical follow-up
- Knowing what symptoms to look for and when to contact a member of your healthcare team