

Northern Virginia Dementia Support & Workplace Alliance

Empowering caregivers through education, workplace support, and community connection.
dementiacaregiversupport.org

Self-Care for Caregivers

Recognizing caregiver burnout, setting healthy boundaries, and protecting your own wellbeing.

Why Self-Care Matters

Caring for yourself is not selfish—it is essential. Your health directly affects your ability to care for someone else.

Recognizing Burnout

Common signs include constant exhaustion, irritability, sleep problems, anxiety, feeling overwhelmed, withdrawing from others, and losing interest in activities you once enjoyed.

Big Sis Tip

You cannot pour from an empty cup. Rest is part of the caregiving plan—not a reward you earn after everything is done.

Healthy Boundaries

Accept help, say no when needed, schedule personal time, and remember you cannot do everything alone.

Daily Self-Care Checklist

- Drink water
- Eat nourishing meals
- Move your body
- Take 10 quiet minutes
- Connect with someone you trust
- Celebrate one small win

When to Reach Out

Ask for support if caregiving is affecting your physical health, emotional wellbeing, relationships, or ability to function day to day.

You Matter Too

The person you are caring for needs the healthiest version of you possible. Small, consistent acts of self-care make a meaningful difference.

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