



SELF-CARE FOR CAREGIVERS

Caring for someone else is not only an incredible act of love, but it's also a reminder of your own strength and adaptability. While your focus may often be on others, your health and happiness are just as important. Self-care isn't a luxury — it's a powerful way to stay energized, connected, and ready to show up with your best self.

WHY YOUR WELL-BEING MATTERS

1. KEEPS YOUR ENERGY FLOWING:

Taking time to recharge helps you stay motivated and enthusiastic.

2. STRENGTHENS YOUR SUPPORT:

Feeling your best enables you to give your best, allowing you to offer care with patience, empathy, and compassion.

3. HONORS WHO YOU ARE:

Caring for yourself helps you stay connected to your values, joy, and the parts of your life that make you, YOU.



Simple, Uplifting Ways to **CARE FOR YOURSELF**

Small actions can have a big impact and lead to positive changes in how you feel both physically and mentally. Start with these basic habits that are easy to fit into your routine and can have a noticeable impact on your wellness:

1. CREATE HEALTHY, SELF-LOVING BOUNDARIES

Say “yes” to yourself. Sometimes this can mean saying “not right now” to others. Boundaries help you give from a place of balance, not burnout.

2. CELEBRATE SMALL MOMENTS OF PEACE

Enjoy a few minutes of quiet, a favorite song, or a short walk. These little instances can lift your spirit and add happiness to your day. You can also try deep breathing exercises to help reduce anxiety and boost mental clarity. Practice the 4-7-8 method: Inhale for 4 seconds, hold for 7, exhale for 8.

3. STAY SOCIALLY CONNECTED

Reach out to those who inspire or support you. Whether it's a quick chat, a shared laugh, or a support group, connection is a vital source of strength.

4. TAKE ADVANTAGE OF SUPPORT TOOLS

Lean on community resources, caregiving apps, or helpful programs through your workplace or local organizations. Help is out there, and you deserve it.

5. CHECK IN WITH YOURSELF DAILY

Ask: “What’s going well today?” or “What’s one thing I need?” Focusing on your wins and needs helps you stay present and empowered. One mindful way to practice this is by keeping a journal. At the end of each day, write down three things that went well, what you're thankful for, what you need, or what you're looking forward to tomorrow.

The care you give to others makes a world of difference, and so does caring for your own well-being. By looking after yourself along the way, you're protecting your health and fueling your ability to keep showing up with the love, compassion, and positivity that make you an incredible caregiver.

Your Employee Assistance Program is also here for you. Call us any time, day or night, for more information and additional support.

LIVE
Webinar



Compassion Fatigue

Being there for others is one of the most compassionate ways to offer support. At times, though, lending an ear or a shoulder can inadvertently cause you to absorb the other person's worries and may begin to affect your emotions.

Feeling unable to change a situation can lead to compassion fatigue, as the constant need to provide empathy and support without adequate self-care can lead to exhaustion. This webinar guides attendees through the signs and symptoms of compassion fatigue and identifies self-care strategies.

**Wednesday,
August 13, 2025**
2–3 p.m. E.T.

REGISTER

24 HOURS A DAY

800-222-0364

[FOH4YOU.COM](https://www.foh4you.com)

The Employee Assistance Program is a **voluntary** and **confidential** employee benefit available to eligible federal employees at no cost.



Tell us about your
EAP experience!

