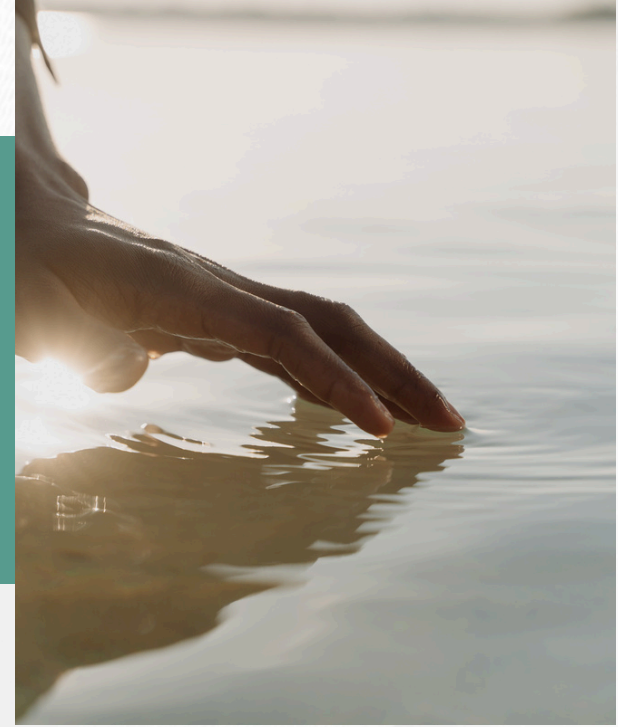


CREATING YOUR OWN SPACE



CARING FOR YOURSELF

Being a caregiver can make you feel isolated. It can limit a caregiver's freedom to go and come as they please. Being confined to your home may affect your mental health. Not being able to leave freely can make caregivers feel less joy and self fulfillment.

FEELING CONFINED?

Recognizing the choices you have can be empowering. It can also help with feeling of being trapped. When you begin to feel helpless or angry realize your power!

Making difficult choices can make caregivers feel overwhelmed. Realizing that there is not only one solution to the issues you may face is important. There is more than one way to solve a problem. Feelings of empowerment are important to support caregiver personal freedom and self-esteem.

ATTEND TO YOUR FEELINGS

1. Your Feelings Are Valuable

Your feelings alert you to your needs, boundaries and what really matters to you. Though it may be difficult to tune into your own feelings it's important that you recognize them.

2. Boundaries Are Important

It's okay to set boundaries. It allows you to protect your well-being and proves sustainable and effective care for yourself. Clear limits help to prevent burnout, reduce stress, and ensure that you have time for yourself and your personal needs. .

AT A GLANCE

CHALLENGES

- Feeling Confined
- Setting Boundaries
- Caring for Yourself

**National Alliance for Caregiving (NAC)
Caregiver Help Desk
Free Support: 855-227-3640
<https://www.caregiving.org/resources/>**