



www.for.sg/aic-selfcare



Caring for Yourself is Caring for them

Rest is Self-care

Feeling tired, stressed, or worn out?

Burnout can look like:



Losing interest in things you enjoy



Feeling sad, hopeless, or easily annoyed



Being drained and falling sick often

You give so much care—don't forget yourself. Taking breaks and looking after your own well-being helps you stay strong for for yourself and your loved one. Here are tips and tools to support your needs.

Self-care tips



www.for.sg/aic-cg-selfcaretips

Knowledge and skills with training grant



www.for.sg/cg-learning-guidebook

Care services for your loved one



www.for.sg/csr

Caring can be Tough

Caregiving can feel overwhelming at times.

Use this checklist to see how you're doing and find ways to cope and get support.

If you answered "yes" to more than 4 questions, you may be feeling stressed. If these feelings continue, talk to your family doctor or connect with a community support team.

Scan to find mental health support near you



www.for.sg/wayfinding

Build a strong self-love to truly care for yourself.

Former caregiver in her 50s

In the last two weeks, have you been...

- | | Yes/No |
|---|--------------------------|
| Feeling more unhappy or resentful when looking after the person you are caring for? | <input type="checkbox"/> |
| Having less energy to complete your daily tasks? | <input type="checkbox"/> |
| Having less interest in attending or participating in social events? | <input type="checkbox"/> |
| Losing interest in your favourite activities? | <input type="checkbox"/> |
| Getting angry easily? | <input type="checkbox"/> |
| Feeling tired more often? | <input type="checkbox"/> |
| Spending less time on yourself as compared to before? | <input type="checkbox"/> |
| Feeling less motivated to get up in the morning? | <input type="checkbox"/> |

Care for Yourself

Self-compassion

Recognise your emotions. Let yourself feel them without guilt.

Learn

Find out about available services and schemes to support your loved one.

Check-in

Assess your well being. Self-care starts with self-awareness.

Eat Right

Stay healthy - See a doctor, if needed.

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Stay Energised

Keep up with your social activities, interests and hobbies.

Find time for yourself

Even a few minutes of TV, reading or a hobby helps.

Ask for help

Family, friends or care professionals are here for you.

Enrich

Strengthen your bond with your loved one. Do activities you both enjoy.

“ Rest isn't selfish. It's care. ”
Former caregiver in her 70s

Create your Self-care Plan

Take 15 minutes to reflect on your needs.

- Write It Down** (5 min)
What do I enjoy or wish I had time for?
What drains me most as a caregiver?
Who can I ask for help?
- Set ONE Goal** (5 min)
Pick one small, doable self care goal.
E.g. Take a 10-minute walk outside.
- Make It Happen** (5 min)
When is the best time?
E.g. During your loved one's nap.
Who can help?
E.g. Ask a family member to help for a short while.

After trying it out, ask yourself:

- Did I meet my goal?
- How did it feel to focus on me?
- What will make it better?

Adjust your goal if needed.



“ When you have limited hours, you learn to make every minute count. ”

CG in her mid 30s