

FIRST,
TAKE CARE
OF
YOU!SM

10 KEYS TO SELF-CARE
FOR CAREGIVERS

Introduction: Airplane Wisdom

- 1. Get Some Rest!**
- 2. Eat Healthy!**
- 3. Get Yourself A Little Exercise!**
- 4. Think Positive!**
- 5. Ask For Help!**
- 6. Separate Occasionally!**
- 7. Make Yourself At Home!**
- 8. Build Fences, Not Walls!**
- 9. Learning & Laughter!**
- 10. It's Always Your Choice!**

Afterword: Go Forth And Conquer!

Appendix A: Charts & Lists

Appendix B: Resource Guide

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