

## **New Year's Resolutions for CareGivers to Consider**

1. I give myself permission to not keep the following resolutions or to keep them only partway.
2. When I feel I am imperfect, I will remember that guilt is not an option as long as I know I did the best I could, given the circumstances.
3. I will find time alone for myself, even though that seems impossible. That may mean asking for help from people and sources I've never considered before.
4. Regardless of how deserving the source, I will say no to requests for my time when I know I can't add any more to my plate.
5. I will remember that family members and friends who are **not care receivers** deserve some of my time. This may mean a little less of my attention will go to my **care receiver**, and that is okay.
6. I will follow through with my own health care appointments and screenings, including dental cleanings and eye exams.
7. I will find a way to monitor my own energy levels so I can recharge my batteries before I hit the point of exhaustion and burnout.
8. I will remember that seeking advice from professionals, organizations and fellow caregivers is a sign of strength, not weakness.
9. I will remember that my **care receiver** didn't choose the illness or disability that he or she is living with.
10. I will remember that I didn't choose this life for my **care receiver** either, so I won't be a martyr to their illness.
11. I will remember that taking care of my own needs isn't selfish. Taking care of myself benefits everyone I love.
12. I will get appropriate help for myself if depression, anxiety or other mental health issues become apparent to me, my friends or my family.
13. I will be open to alternative ways of caring for myself. This can include massage, aroma therapy, some form of meditation, exercise, attending a support group, seeking out respite care, or meeting with a therapist.

This list is merely a starting point. What resolutions would you add for yourself? Which would you delete? If you print out this list and hang it in a prominent place, you can work toward these goals a little bit every day. Even looking at it once a month will help you view your situation with a fresh perspective.

Remember, happiness isn't about perfection—it's about having realistic expectations. We all have room to adjust our expectations to more closely match reality, and that change alone can help us have a happier and more productive year.