

BE CONNECTED

Your life is more than just your role as caretaker. Make time to connect with all the people you love. Consider joining a group.

BE POSITIVE

When you feel frustrated, take a step back. Limit negative thoughts and keep things in perspective. Try to view yourself and your situation with a light heart.

BE MINDFUL

Try to find the pleasant moments in every day and write them down. A good time to do this is at night before you go to sleep.

BE BETTER AT BOUNDARIES

Problems are inevitable when we have inadequate boundaries and sacrifice ourselves too far in the care of others. It is okay to say "no." Honor your own needs.

BE GRATEFUL

Make a list of things for which you are grateful. Include big things like your family, faith and health, but also the less obvious: your garden, bicycle or cat. Add to the list every day.

8 WAYS TO RECOVER FROM COMPASSION FATIGUE

BE FLEXIBLE

Even when we can't control our situations, we can control our reactions to them. Being stiff and resisting change makes life harder than when we adapt. Be willing to be flexible and "roll with the punches."

BE HONEST

If none of this is working, get help. Maybe just talking informally to a good friend is enough. Sometimes it helps more to talk to a professional. Either way, you don't have to deal with this alone.

BE HEALTHY

It is important to maintain physical, mental and spiritual health by practicing healthy habits such as good nutrition, exercise, rest, brain exercises, prayer and spending time outdoors.



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