



Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Self -Care Categories:

- **Emotional self-care:** such as self-talk, weekly bubble baths, saying “no” to things that cause unnecessary stress, giving yourself permission to take a pause, or setting up a weekly coffee date with a friend
- **Physical self-care,** such as prioritizing sleep, adopting an exercise routine you can stick with, or choosing healthy and nourishing foods over highly processed ones
- **Spiritual self-care,** such as attending a religious service, spending time in nature, mediating, incorporating regular acts of kindness into your day, or keeping a gratitude journal

How To Practice Self-Care?

Self-care doesn't look the same for everyone, but it's important to recognize that self-care is different than self-indulgence. Everyone deserves a sweet treat or a massage every now and then. But self-care is about creating habits and practices that improve your long-term health.



SUGGESTIONS:

Take time to check in with yourself and set manageable goals.

- Schedule time outdoors, even short walks help
- Schedule breaks from social media and news
- Say “no” more than “yes” to outside activities
- Make calendaring self-care part of your routine.

Get a good night’s rest. According to the National Institutes of Health (NIH), sleep is just as critical to good health as diet and exercise.

- Stick to a sleep schedule
- Avoid nicotine and caffeine. Both are stimulants that keep you awake. Caffeine can take 6–8 hours to wear off completely.
- Avoid alcohol and large meals before bedtime
- Don’t lie in bed awake. If you can’t fall asleep after 20 minutes, get up and do a relaxing activity until you feel sleepy again.

Prioritize healthy eating and drink plenty of fluids.

- Healthy eating can be a challenge for all of us, start with small, manageable goals for success. Try committing to shopping for the entire week and planning meals. Substitute all processed grains for whole grains. Start your day with a healthy breakfast. Perhaps several small meals make more sense and amount to less calories.

Exercise.

- Try to schedule exercise into your routine, starting with small goals and activities you enjoy.
- Check out: Body by Blogilates; J & J Official 7 Minute Workout; Nike Training Club

Spend time in nature.

We are lucky here, surrounded by beauty! Spending time in nature has physical and psychological benefits. Your happiness is number 1!



Participate in stress reduction and mindfulness activities.

While the demands of caregiving may not allow you to sign up for a weekly meditation class, there are alternatives.

Try a mindfulness app at home. Just taking a few minutes a day to fill out a gratitude journal is one of the easiest ways to incorporate mindfulness into your routine.

We recommend Insight Timer: <https://insighttimer.com>

Insight Timer is the only app you need to build healthy habits and create a wellbeing routine that works for you. There are 5 wellbeing apps in 1. And it's free.

- **Meditation:** The world's largest library of free guided meditations with 150,000 tracks from psychologists, spiritual leaders and mindfulness teachers.
- **Sleep:** Thousands of free meditations, nature sounds, ambient music and bedtime tales to help you get a better night's sleep.
- **Breathwork:** Tap into the power of your breath by exploring a range of different breathwork techniques guided by certified teachers.
- **Yoga:** Live from the world's best teachers streaming throughout the day. Free.

Lean into your support network and maintain connections. Maintaining some support network for you is essential for your well-being. **Ask for help!**



Take a break with respite care. Caregiving is a physically and emotionally demanding, more-than-full-time job. It's important to give yourself time and space to recharge away from caregiving duties. Ask a family member to take over for a long weekend, hire respite care

Take Advantage of Local Resources

Cook County In-Home Support Program 218-387-3629

- In-Home Support serves Cook County residents of any age who have a permanent or temporary disability and individuals age 65 or over regardless of disability status in hiring qualified, trained professionals to provide services such as homemaking (cleaning, laundry, meal preparation, etc.), transportation, errand running, companionship, supervision and caregiver respite
- Hourly rates are established between the client and provider before services begin
- Financial assistance for services may be available based on income level and needs



Grand Portage Human Services 218-475-2235

Services/Programs Provided

- Food Shelf
- Supplemental Nutrition Assistance Program (SNAP)
- Mental Health Service 218-475-2453



Care Partners Caregiver Support 218-387-3788

- Care Partners Caregiver Consultants and/or volunteers provide caregiver coaching, education, connection, and respite
- Caregiver support groups meet to share resources and encourage one another on the caregiving journey
- There is no charge for services, but clients may be invited to make an optional donation based on household income



The Hub/Cook County Senior Center 218-387-2660

A community meeting place that offers a variety of programs & services for active adults. All ages are welcome! Ongoing services include:

- Foot Care Clinic
- Exercise and Wellness Classes



Death Café

Join us to talk about all things related to grief, end of life and death.

4th Thursday 6:30 PM @ The Hub



Death Doulas of Cook County : A Better Death LLC

Dying isn't a medical event. It is a human one. We have accompanied each other through the bookends of life – birth and death – since the beginning of time. In many cultures specific individuals held the role of guide through these significant life events. They eased physical and spiritual pain, shepherded life across the threshold, celebrated and blessed those involved, and reaffirmed the communal understanding of these life cycle experiences.

In our modern western way of life, with the disbursement of families, multiple generations no longer living together, the over dependence on technology, and the bias embedded in our health care system people have lost touch with the naturalness of dying and how best to support people going through it. As a result, too many people die in fear and unnecessary suffering. Too many Black people and other people of color, LGBTQ+ individuals, the homeless, and the impoverished are disenfranchised and underserved.

Death Doula's care for the dying and those close to them with compassionate engagement and open-hearted presence. It's time to remember and incorporate the traditions of our ancestors, the inner healing and beauty that can be experienced between people surrounding the dying person.

Cook County has sixcolletteoed123 practicing end of life doula's. Call on Death Doula's when end of life is approaching, it's never too early or too late!

Reach us through Care Partners Caregiver Support 218-387-3788 or email one of us:

Pat Campanaro pampanaro@gmail.com

Jean Skeels jeanmskeels@hotmail.com

Suzanne Sherman suzanne@carepartnersofcookcounty.org

Margy Nelson margy@boreal.org

Nancy Larson nsllarson@boreal.org

Collette Pedersen colletteped123@gmail.com

Facebook: A Better Death LLC

On- line Resources:



Aging Well Resources
COOK COUNTY MN

<https://agingwellresources.org>

Easy access to aging services complete with telephone support with a care coordinator.

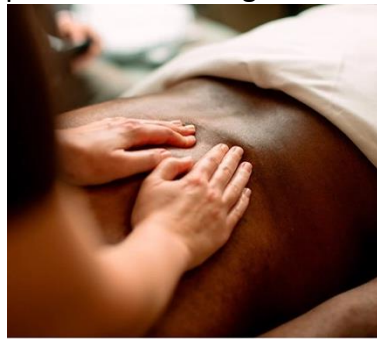
Physical Activities

Massage: In massage therapy, a massage therapist rubs and kneads the soft tissues of your body. The soft tissues include muscle, connective tissue, tendons, ligaments and skin. The massage therapist varies the amount of pressure and movement.

Massage is part of integrative medicine. Medical centers often offer it with standard treatment. It can be used for a wide range of medical conditions.

Studies of massage benefits have found massage can:

- Help reduce stress.
- Lessen pain and muscle tightness.



- Increase relaxation.
- Improve the work of the immune system.

