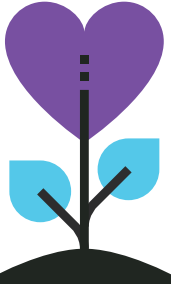


First, You | Self-Care Strategies for Caregivers



Consider the good

Reflect on the things you do well rather than focusing only on what you could improve.



You aren't alone

Remember, emotions are universal, and you aren't the only one who feels negativity. You're not weird, wrong, or broken.



Be kind

Treating yourself well is just as important as treating others well. Save some compassion for the person inside.



Get real

Stay in the moment. Don't let past experiences cloud your perception of the here and now.