



Advocate for Yourself: Four Virtues to Live By

Take charge of your choices

Caregiving is a choice. Even through the feelings of abandonment and alienation that sometimes thrusts caregivers into playing the victim, it's crucial to remember that you choose to provide care for a loved one. This realization will give you that piece of yourself that you feel you've lost.

Take stock of your worth

Love, honor and nurture yourself. You are worthy of living a healthy, fulfilled life. Find the time to celebrate who you are. Remember, when you take the time to take care of you, you are also providing your loved one with a valuable gift—a replenished you.

Take the time to seek help

Caregiving is a huge undertaking, one that requires support from others. Asking for help is a sign of strength, not weakness. Ask for the help you need and keep asking until you receive it.

Take a stand and then take a bow

You also honor yourself by making certain your needs are met. As a caregiver you have a unique set of needs that are crucial to your continued well-being. Don't allow your needs to take a back seat. Remember, your recognition and rights as a caregiver are earned and well-deserved.