

TAKE CARE OF YOURSELF

You can't pour from an empty cup.

These self-care tips can help you feel stronger,
more supported and better able to care for others.



ASK FOR HELP WHEN YOU NEED IT.

You don't have to do it all alone.
Lean on family, friends and community resources.



ENJOY QUALITY TIME WITH FRIENDS.

Make time to connect, laugh and
do the things that bring you joy.



JOIN A SUPPORT GROUP.

Talbot Hospice offers in-person and
online groups for caregivers.



TAKE BREAKS EACH DAY.

Even a short break can refresh your mind,
body and spirit.



RESERVE TIME FOR HOBBIES.

Do something that is just for you.
You deserve it.

Talbot Hospice is here for you—today and every day.

We're in this together. 