**How can a caregiver care for themselves?**

Ask for help

Exercise

Yoga

Meditation <http://intensivecareforyou.com/resources-for-free/>

Relaxation <http://intensivecareforyou.com/resources-for-free/>

Hobby

Time with friends

Support group- Tx p2p

Counseling

Hobby

Watch out for thinking errors <http://intensivecareforyou.com/resources-for-free/>

(Patterns of thinking that keep you stuck or magnify a problem)

Get a pet

Set goals for you- dream book <http://intensivecareforyou.com/dream-book-getting-clear-want-making-real-now/>

Problem-solving

Eat better

Identify Obstacles

Examine and change your story

Journal

Take time to rest

Let others take care of you

Let others take care of your child

Daily me time

Acceptance

Faith

Know what is stressful for you and take steps to manage:

-Take a step back and decide how big the problem really is

Do you spend more time actually confronted with the problem or more time and distress as you repeat the problem over and over in your mind?

Is the problem real, can you absolutely know for sure, or is it really just a story you tell yourself inside your head, or something in the future that has not happened that you fear and mistakenly think you *know* will happen?

Is the problem something you can change or influence, or is it beyond your control and better accepted?

Leave your ego out, allow others the freedom to follow their own path and learn their own lessons.

Place a check next to each statement below if you would like help in that area:

Someone to talk to about my problems.

Help in dealing with problems with husband/wife.

More time to be with my child.

Information about my child’s abilities.

Childcare help.

Help and information about behavior problems.

Better/more frequent therapy services for my child.

Counseling to help me cope with the situation.

More information about how I can help my child.

Help with sibling rivalry/jealousy of siblings.

More information about nutrition.

Special Equipment.

Friends who have a child like mine.

More time for myself.

More time to be with my spouse or friends.

Someone who understands what I am going through.

Help changing my mindset that:

-I’m stuck,

-Things will never change,

-My child won’t get better or live independently,

-Nobody can understand or help me.

What else would you like help with?

List helpful resources

Who Says Men Don’t Care?  
Gambone, James, PhD, Rhonda Travland, MS, 2011  
[www.MaleGuideForCaregiving.com (link is external)](http://www.MaleGuideForCaregiving.com)

How To Be a Resilient Caregiver  
[http://lifework.arizona.edu/ec/caregiver\_manual\_now\_available\_online (link is external)](http://lifework.arizona.edu/ec/caregiver_manual_now_available_online)

The Caregiver Helpbook: Powerful Tools for Caregivers  
Schmall, V, Cleland, M, Sturdevant, M, , Legacy Health Systems.(2000)  
[www.powerfultoolsforcaregivers.org (link is external)](http://www.powerfultoolsforcaregivers.org)

Passages in Caregiving  
Sheehy, Gail, Harper Collins, 2010

### ****Organizations****

**Family Caregiver Alliance  
National Center on Caregiving**  
785 Market Street, Suite 750  
San Francisco, CA 94103  
(415) 434-3388  
(800) 445-8106  
Website: [www.caregiver.org](https://www.caregiver.org)  
E-mail: [info@caregiver.org (link sends e-mail)](mailto:info@caregiver.org)

Autism Speaks

Autism Society of America

Autismlink

CHADD for ADHD support groups

NAMI for Bipolar and mental health support groups

Care.com lists people who can care for special needs children or seniors in your area

Bluebonnet Trails MHMR

CRCG- in Texas each county provides a community resource coordination group, which provides staffings of local agencies to help determine needs, problem solve, and connect with resources for families caring for children with intense behavioral health needs