

5 Powerful Time Saving Techniques For Caregiver

SeniorLIFEPA
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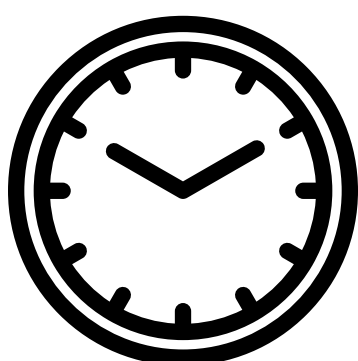
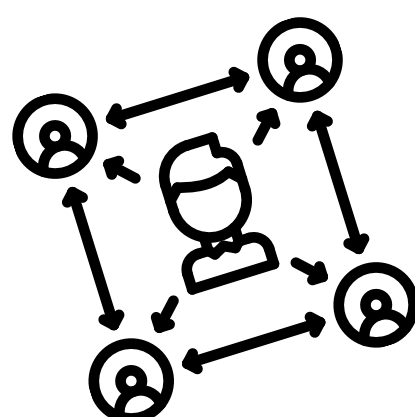


Make a list of daily tasks 01

- Use online resources to make a list
- Prioritize most important tasks first followed by the hardest task.
- Determine your approach: mono-task or multi-task

Delegate Tasks 02

- Ask friends and relatives
- Reduce financial stress by asking other relatives for assistance
- Check in with yourself. It is ok to ask for help.

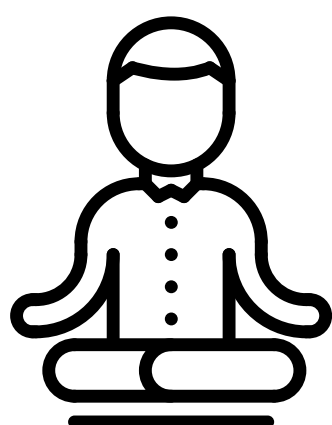
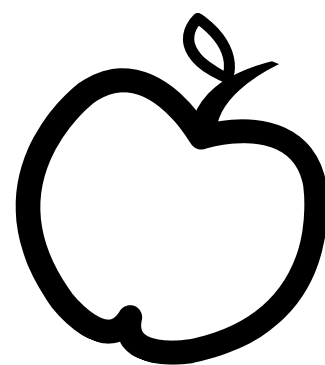


Schedule Breaks 03

- Breaks lead to increased productivity and decreased risk of burnout
- Set non-negotiable breaks (a few 10 minute breaks and a 30 minute)
 - Take “me” time
 - Make a date night
 - Plan small vacations

Exercise & Eat Well 04

Prioritize self-care by exercising 3-5 days a week. Exercise will help boost your mood. Making healthy choices when you eat will make you feel better about yourself, and give you the energy to care for your loved one.



Cultivate a Calm Mind 05

- Breathe deeply and relax
- Practice meditation
- Put things into perspective
- Practice empathy and compassion
- Think big picture

Find more info at

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