

PROMOTE SELF-CARE

PCs, just like everyone else, need reminders to **engage in self-care**. Oftentimes, **PCs** may be so **invested** in **providing care to their emerging adults** or other family and friends that they forget to do something for their own wellness.

Self-Care

"Self-Care is what people do for themselves to **establish** and **maintain health**, and to prevent and deal with illness. It is a broad concept encompassing hygiene, nutrition, lifestyle, environmental factors socio-economic factors and self-medication."³



Remind about the importance of taking care of themselves



Help them conceptualize what self-care is

Guidelines

- Encourage them to find **emotional support** in their **personal lives**.
 - Some examples include:
 - **Parent/Caregiver** Support Groups
 - Therapy
 - Hobbies
 - Reaching out to their support system
 - Assist them by providing referrals as needed.
- Ask them "What are you **going to do for yourself?**" when ending conversations with them.
 - This may surprise **PCs** since they have been so **focused** and **invested** in **taking care of their emerging adult**.
 - Sometimes it is necessary to remind them that they are **still a person outside of this caregiver role**, and they need to take care of that person too.