

Affirmations for Family Caregivers

- 1. I give myself grace.**

Be patient with yourself as you learn to navigate your caregiver journey and some of the challenges that may arise. Try to pre-plan and prioritize items for yourself and your loved one.
- 2. I surround myself with positive, uplifting voices.**

You get to choose the people and energies you make space for. Find supportive circles including fellow caregivers and advocates who can have such a positive impact.
- 3. I am vigilant about my own health.**

You matter. Your health matters. Taking good care of yourself is an important step to caring for others.
- 4. I know that laughter is the best medicine.**

On hard days, on good days, on days in between, choose to find moments for joy and laughter.
- 5. I am not alone.**

At times Caregiving can feel very isolating and heavy. Almost like the weight of the world is on your shoulders. Know you are not alone!
- 6. I am in this for the long run.**

Pace yourself. Caregiving is a marathon, not a sprint. Take time to just breathe. Make sleep or even napping a priority. Find moments that help you refuel and recharge. This will help you to avoid burning out trying to do too much all at once.
- 7. I am my loved one's best advocate.**

You know your loved one like no one else. And no one else can advocate for them like you can, so speak up, ask questions and get second opinions.
- 8. I will not settle for less.**

What we accept for ourselves and loved ones is what we will receive. Remember the squeaky wheel gets the oil.
- 9. I celebrate victories big and small.**

Embrace and celebrate the baby steps. All progress however small is a step in the right direction.
- 10. I have hope.**

Even though things are different than you envisioned, believe that they can still be wonderful.