

# Caregiver Wellness: Caring for YOU

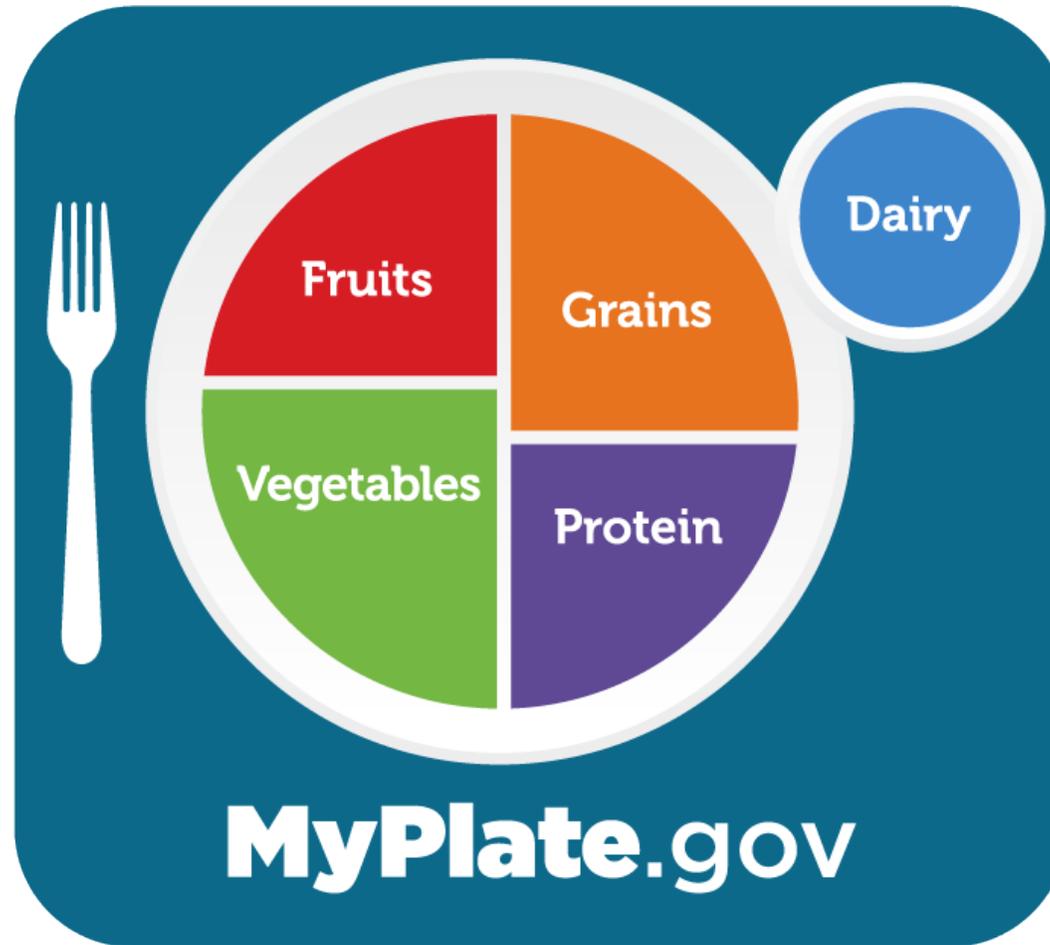
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# Put on your own mask first



- Recognize you work with others.
- Taking daily breaks.
- Taking vacations.
- Being realistic.

# Physical Needs: Food



**Make each  
bite count!**

# Physical Needs: Activity

**Move More, Sit Less**



# Physical Needs: Sleep

Quality Sleep Matters



# Emotional Needs: Feelings



**All Feelings are OK**



**Identify what you can  
or cannot change**

# **Emotional Needs: Stress**

# GOAL SETTING

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

# Moving Forward

- Focus on what we can do
- Remember, we can't do it all
- Set goals and work towards them
- Get help when needed

# MSU Extension Resources

- MT Kinship Navigator Program
  - <https://msuextension.org/mtknp/>
- Educational Offerings
  - Powerful Tools for Caregivers
  - Active Parenting or Parenting A Second Time Around
  - Strong People
  - Eat Smart, Live Better
  - Mental Health First Aid
- MontGuide Publications
  - <https://store.msuextension.org/Departments/MontGuides-by-Category.aspx>
- Your Local Extension Agents and Specialists