



INSIDER SECRETS TO BEING A CAREGIVER



NOVEMBER IS #FAMILYCAREGIVERSMONTH

We asked our Facebook audience to share one secret about what it means to be a caregiver.
Here's what they shared:



RELAX

"As a caregiver, find time to decompress. It's a rough life, and you need to be able to blow off steam so you can be an effective caregiver and take care of yourself."

- Keith M.



BALANCE

"Learn to take control of the things you can control and learn to let go of the rest. Learn to forgive yourself...we are all human."

- Donna R.



CARE

"You have to honestly deep down love what you do and care for the people you take care of."

- Vicki K.



GIVE

"It's never about you, it is always about them. It's a choice to sacrifice some of your time to someone who has little time left, a sacrifice made in love is never forgotten."

- Melissa M.



LOVE

"Patience, compassion, selflessness and deeply devoted love are helpful traits to cling to."

- Taj R.



BEND

"Be flexible! We make plans that we often have to cancel because something comes up with my daughter's dialysis or something. Oh well it's life nowadays. We don't let it get us down."

- Tiffany F.