



November is... Arizona Family Caregiver Month!!

Caregiver wellness tips for November:

- Accept help when offered: allow those to assist you, especially around the holiday season
- Learn to say no: be firm if you'd rather not do something
- Set reachable goals: break jobs into smaller tasks, it gets the job done easier! Don't expect to get it done all in a day
- Take breaks when needed: Give yourself the rest you deserve!
- See your doctor if you are past due on a check up
- Stay positive: Know that everything works out the way it's supposed to
- *Holiday health tip:* Eat until you are satisfied, not stuffed



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