

Taking Care of Yourself

Why?

Research shows that overall grandparents raising grandchildren have worse physical and mental health outcomes than non-custodial grandparents. Higher caregiver burden and social support are contributing factors to overall health.

Seeing a doctor regularly is just one part of caring for your health...

Questions to ask yourself pertaining to self-care

- Have I done something today that I enjoy?
- Have I called a friend or family member lately?
- Am I keeping up with my doctors appointments?
- Does my mind or body feel stressed?
- Have I moved my body today?
- Have I had any 'alone time' lately?
- Have I been keeping up with my own spiritual practices?
- Is there someone that I could reach out to to watch the children when I need a break?



Ideas for self-care (links)

[Self-care for older adults](#)

[Self-care ideas for caregivers](#)

[Self-care during COVID](#)