

# Taking Care of Others? Take Care of Yourself, Too

No matter where you choose to direct your energy, remember to recharge.

This goes for front-line activists,  
over-extended parents and friends  
holding things together for friends.

"If we could balance taking care of ourselves with taking care of others and our planet, we'd have the healthiest of worlds," says our friend and adviser Dr. M. Lee Freedman, a Toronto-based family psychiatrist.

"When you are passionate about something, you can lose sight of the bigger picture."

She recommends thinking of caregiving and advocacy as a marathon, rather than a sprint. The same is true of parenting! Just like a runner, you need to watch your pace and nourish your body. "You can only run on reserves for so long."

Here are 8 self-care tips from Dr. Freedman →

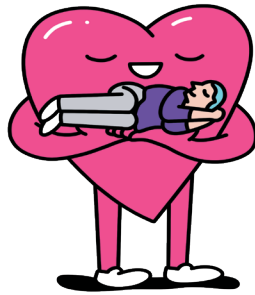
# 1

## PAY ATTENTION

"Be aware of the vulnerable parts of your body."

4

**NOTICE** how you approach rest and exercise.



# 2

**WATCH FOR SIGNALS** – lost sleep, irritability, forgetfulness, for example – early signs that might help to circumvent bigger problems.

5

**MAKE TIME** for  
focus and for fun.

7

**MAKE TIME TO CONNECT** with yourself and others. It can help keep things in perspective.

3

**TUNE IN** to how you feel and what you need.

6

**BUILD "DOWN TIME"**  
into your schedule.

8

**CONSIDER WAYS YOU CAN INTEGRATE SELF-CARE** into your work, activism and caregiving.

**WRITE DOWN ONE  
THING YOU COULD  
DO TO CARE FOR  
YOURSELF THIS WEEK**

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**FOR A REMINDER  
ON SELF-CARE,  
SEE PAGE 27**