

**Self-Care isn't selfish. It's smart.**

When you are on a plane, in the event of an emergency, the flight attendant instructs you to place the oxygen mask on yourself before attempting to help others. The same concept applies to caregiving. Caregiving can be challenging, but you may find it easier to care for your loved one if you remember to take care of yourself first. To help you, try the tips below.

## Take Breaks

Daily, short breaks from caregiving may help refresh your mind and spirit. It's normal to feel guilty about leaving your loved one, but taking time for yourself is often good for both of you. Simple things like a relaxing bath, going for a walk and meditating are good ways to give yourself a break.

## Reach Out

Tap into your family, friends, a leader in your faith community, or co-workers, to create a support network of helpers. Help can come in many forms – helping with daily activities, chores, or just lending an ear. You may be surprised by how much people want to help. You just have to ask.

## Keep Up with Your Health

It's important to maintain your own health as a caregiver so you can be there for your loved one. Eating well, exercising regularly, and getting enough sleep can help you manage your new responsibilities. Stay up-to-date on your doctor checkups and get medical care if you start to feel sick.

## Maintain Routines

Try to maintain your own routine and encourage your loved one to engage in his or her usual activities as much as possible. This will also be helpful when your loved one is undergoing treatment. Plan to spend time together doing things unrelated to the illness, like watching a movie or being outdoors. It may remind both of you that you have a relationship separate from lung cancer.

## Stay Positive

It's easier said than done, but a positive attitude and a sense of humor may help ease stress or anxiety. Surrounding yourself with positive and encouraging people may be beneficial to both you and your loved one. Try to take it one day at a time, set short-term goals and learn your limitations.



The "Your Journey Together" Program was created by Celgene Corporation in collaboration with LUNgevity Foundation for caregivers of people with lung cancer. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your loved one's healthcare team for questions you have about managing your loved one's condition.

