CONTENTS – *Self-Care and You: Caring for the Caregiver*

**Self-Care and YOU**

**Caring for the Caregiver**

Kim Richards, RN, NC-BC
Elizabeth Sheen, RN, HNB-BC, HWNC-BC
Maria C. (Mary) Mazzer, RN, HNB-BC, HWNC-BC

**Self-Care and You: Starting Your Journey**

Your Six Self-Care Pathways
Compassion Fatigue and Burnout

**Physical Self-Care Pathway**

Nutrition
Exercise
Sleep and Rest
Your Accountability Buddy and Self-Care

**Mental Self-Care Pathway**

How Stress Harms Your Health
Reducing Stress
   - Mindfulness
   - Meditation
Exercise and Stress
Self-Talk and Stress
Yoga
Tai Chi

**Other Self-Care Pathways**

Emotional Self-Care
Spiritual Self-Care
Relationship Self-Care
Choice Self-Care

**Self-Care and You: A Lifelong Journey**

**Bibliography**