

# The Top 10 Caregiver Tips for Staying Happy, Healthy, and Active



- ☐ Get regular physical activity
- ☐ Eat heart-healthy foods
- ☐ Create "Me" time every day
- ☐ Smile and laugh---it's good medicine
- ☐ Get a breath of fresh air
- ☐ Keep a positive mindset
- ☐ Take care of business
- ☐ Take care of your medical/dental needs
- ☐ Watch out for "Compassion Fatigue"
- ☐ Stay connected to friends and family who matter to you

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