

Caregivers' Cove

The COVID-19 pandemic has added to the challenges of caregiving. Please know that you are not alone. We will keep in touch regularly.

Check-in With Yourself

Take a little time every day to check-in with yourself helps to prevent feeling worn out¹.

- Is any part of your body feeling uncomfortable? How can you take care of it?
- Has anything troubled you? What would help you to get a better handle on it?
- What has made you glad? Let's get more of it!

Get A Treat!

Good food gives you better energy to keep up with everyday's demands². Get creative and fix tasty food with some healthy ingredients.

- Fruits in variety
- Nourishing soup and beverages
- Nuts and seeds mix
- Wholegrains
- Assorted vegetable salad

Remember to go easy with sugar and salt too!

Let's Get Moving

Exercise does wonders to our bodies and minds³. What exercise do you enjoy doing? Let's keep it going for half an hour a few times a week.

Have a good week!



Building Stronger Communities, *Together*

1. Agency of Integrated Care, "A Caregiver Guide To Avoid Burnout", P12-13
2. Singapore Nutrition and Dietics Association, "10 Nutrition Tips for a Healthier You", <https://www.snda.org.sg/downloads/publications/10%20tips.pdf>
3. SingHealth, HealthXchange.sg, "Health Benefits of Exercise", <https://www.healthxchange.sg/fitness-exercise/exercise-tips/health-benefits-of-exercise>

看护者港湾

冠状病毒疫情增加看护者所面临的挑战。让我们保持联系，您的看护旅程不必孤独。

探测自己

每天花一点时间探测自己有助预防超劳过度¹。

- 您身体哪个部位觉得不舒服？您可以怎样照顾它？
- 什么事让您烦恼吗？怎样才能让您更好掌握状况呢？
- 什么事让您欢心？再加倍吧！

找好吃的！

健康食品能给您补充每天所需的精力²。用健康食材，发挥一下创意，自作一些吃的慰劳自己。

- 多类水果
- 滋补汤或热饮
- 坚果和种子拼盘
- 全麦食材
- 综合蔬菜沙拉

记得少放点糖和盐哦！

我们动起来！

运动对身体和情绪都有奇妙的益处³。您喜欢什么运动？持续半小时，每星期重复几次吧！



祝您一周愉快。

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同心协力，建立更强壮的社区

1. Agency of Integrated Care, "A Caregiver Guide To Avoid Burnout", P12-13
2. Singapore Nutrition and Dietetics Association, "10 Nutrition Tips for a Healthier You", <https://www.snda.org.sg/downloads/publications/10%20tips.pdf>
3. SingHealth, HealthXchange.sg, "Health Benefits of Exercise", <https://www.healthxchange.sg/fitness-exercise/exercise-tips/health-benefits-of-exercise>