



Traumatic Brain Injury

TBI Council of Washington

Resources

RESOURCES FOR PEOPLE WHO
HELP A FAMILY MEMBER OR
FRIEND



[Traumatic Brain Injury \(TBI\)
Resources Washington State |
DSHS](#)

[Hey Peers Caregiver Support
Group](#)

[Washington Community Living
Connections](#)

[Caregivers.org](#)

[Family Caregiver Alliance](#)

[AARP Family Caregiving](#)



Washington State
Department of Social
& Health Services

AL TSA Aging and Long-Term
Support Administration

CAREGIVER SELF-CARE

TIPS FOR SUCCESS

1. SET SELF-CARE GOALS

Start Simple, like adding 5 minutes to stretch or to do a breathing exercise every day.

2. BE KIND TO YOURSELF

Give yourself credit for the complex work you are doing!!!

3. ENGAGE IN PHYSICAL ACTIVITIES

Exercise, even if just for one minute, stimulates our brain and energy levels.

4. GET OUTDOORS

Fresh air and change of scenery are good for the soul.

5. GET ENOUGH SLEEP

At least 8 hours of sleep each night is recommended for healthy mood and function.

6. TREAT YOURSELF

You are worthy! Do something that makes you feel good.

7. DON'T IGNORE YOUR EMOTIONS

Stay connected and seek out other caregivers for support.

8. RESERVE QUIET TIME

Find your favorite way to take time out for at least a few minutes each day.

9. FIND THE FUNNY

Look for the humor in life. Laughing releases stress and eases tension.

10. ACCEPT HELP

When people offer to help, let them. Give them the joy of helping!

IDENTIFYING PERSONAL BARRIERS

Always ask yourself:

- **What good will I be to the person I care for if I become ill?**
- **Do I think that I am being selfish if I put my needs first?**
- **Do I have trouble asking for what I need?**
- **Do I feel inadequate if I ask for help?**
- **Do I feel I have to prove that I am worthy of affection from the person I care for?**

Once you identify any barriers to Self-Care, then begin with small steps in changing barriers that are standing in your way.