



Better care for your aging parents.

notes

Five Ways to Make Your Life More Manageable

To be able to maintain the pace and demands of this lifestyle, nothing is more important than making some time to take care of yourself. The following tips should help:

- Don't hesitate to ask for help and support.** Remember that you probably go out of your way to help others when asked — they will be just as happy and willing to help you when you ask.
- Schedule some "me" time.** It may be a 10-minute tea break, a 30-minute nap or a trip to the fitness center for a yoga class.
- Be as organized as possible.** Start with a written daily or weekly schedule and go from there.
- Eat right.** Plan healthy meals or pack energy bars, almonds, yogurt drinks, and fresh fruit when you are on the go.
- Forgive yourself.** We tell our kids it's OK to fall when learning to ride a bike or ice skate, but often we don't allow ourselves the same leeway.

For more information on these questions and what to expect, access the Parentgiving Learning Center.