



# How to care for yourself as a caregiver

- Find a support group for other caregivers
- Attend caregiver group at ASF
- Take care of yourself
- Be open to new ideas to assist you
- Be aware of signs of depression
- Rest
- Give yourself credit for the hard work you do

# Caring For Depression

**Richard Bailey**



## **Caring For Depression:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Fuel Your Spirit with **Caring For Depression** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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