



## Caregiver Support

Many caregivers, striving to do their best for their loved ones, push themselves to the limit. This can lead to feeling "burned out". To create a healthy balance between caring for others and yourself, try the following tips:

**Define the problem.** Set limits on your time and energy.

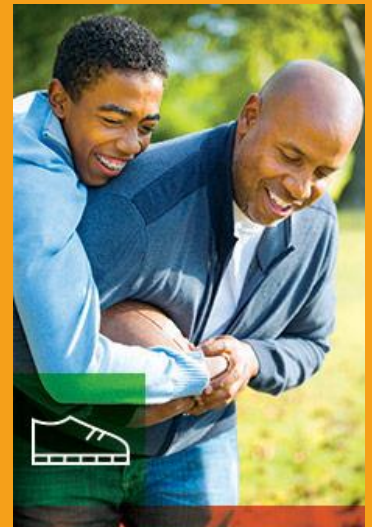
**Decide on strategies.** Figure out what you can reasonably do and what resources you may need. If you decide you'll visit your mother twice a week to cook, then enlist family members to help on the other days.

**Find personal support.** For example, caregiver support groups can be helpful for sharing resources and offering encouragement.

## Fall Family Fitness Tips

Staying physically active is key to overall health and wellness, and with the seasons changing, you may be interested in new ways to keep your family exercising. But being active doesn't necessarily have to feel like exercise—there are lots of ways to make it fun! Try any of the following ideas:

- **Walking:** This is by far one of the most universal exercises that nearly anyone can enjoy. It is a good weekday activity as you can always find a few minutes to take a quick walk!
- **Bike rides:** With proper equipment like helmets, and awareness of traffic patterns, bike rides can be a safe and family-friendly activity. Take quick rides after dinner or plan for a longer ride on the weekend.
- **Visit a park:** Parks are a nice place to enjoy a bike ride or walk. Exploring nature trails and paths while enjoying the outdoors can be beneficial both physically and mentally.
- **Play physical games:** Whether you're in your own backyard or at a park, playground, or local field, the opportunities for physical activities are almost endless. Games like tag, jump rope, basketball, soccer, softball, volleyball, and many more are great ways to get your kids (and you!) moving.



# Domestic Violence

## What You Should Know



On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States. In order to protect yourself, it's important to recognize the warning signs that your relationship may be unhealthy. If you recognize any of the behaviors below, you may be in an abusive relationship. It's important to seek help as soon as possible.

- **Emotional abuse:** yelling, ridiculing you, controlling what you do, threatening to cause serious problems for you, isolating you from friends and family, restricting your finances
- **Physical abuse:** hitting, shoving, kicking, biting or throwing things
- **Sexual abuse:** forcing you to have sex or do something sexual that you don't want to do
- **Threatening you at work:** harassing phone calls, texts or emails, stalking in the parking lot, following you, or other threatening behavior

**Help is always available!** If you are in immediate danger, call 911. For more information or to get help, call the National Domestic Violence Hotline at 800.799.SAFE (7233) or 800.787.3224 (TTY).

**[For more resources, click here.](#)**

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