



**CARE 4
CAREGIVERS
NOW**

Wellness Tips to Feel More Empowered

The following tips and advice are from C4CN's volunteer peer coaches:



Treat yourself as you would treat a friend.



Take a cleansing breath before entering a patient's exam room.



Allow yourself to transition between work and home.



Be kind to others and yourself; we're all trying our best.



Pay attention to what is good in your life and actively savor it.



Give yourself a mindful massage while washing your hands.

You will provide optimal patient care if you care for yourself first.

Care 4 Caregivers Now (C4CN) provides free and confidential peer coaching from trained medical practitioners who understand the rigors and emotional stresses of the medical profession. Open to physicians (M.D. and D.O.), physician assistants, nurse practitioners, registered nurses, certified respiratory therapists, registered respiratory therapists, residents/fellows, medical students, public health officers and medical reserve corps volunteers.

Sign up today: [Care4CaregiversNow.org](https://www.Care4CaregiversNow.org)

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