Qualicare



The Three Rs to *Lighten the Load*

You can love someone deeply and still need support

1 RELEASE
Let go of perfection.

- Take a moment to breathe deeply.
- Give yourself room to feel frustrated, sad or tired.
- Sing, write, walk or talk with someone you trust.
- Remind yourself: "I'm doing the best I can today."

Love doesn't require perfection

2 RECONNECT
Make time for yourself.

- Meet a friend or spend time with family.
- Read, walk, enjoy a hobby or simply rest.
- Protect something that makes you feel like yourself.
- If your loved one needs someone with them, ask a trusted person to stay while you take a break.

Your well-being matters, too

3 REACH OUT
Share the load.

- Make a list of tasks someone else can take on.
- Ask for specific help: "Could you bring dinner on Tuesday?"
- Look into delivery services, community programs or support through your faith community.
- Consider home care or respite support so you can take time for yourself.

You don't have to do it all alone



Let's talk about what would help

Whether you need time to rest or help with your loved one's daily routine, your local Qualicare team can listen and talk through options with you.

Speak to a Qualicare Care Advisor

888-591-0017 **qualicare.com**