

YOU DESERVE CARE, TOO

A caregiver's guide to self-care, from NUBEQA.



Whether you're new to being a caregiver or you've been caring for someone for a while, the role may come with a life-changing level of responsibility. That's why it's important not to lose sight of your own needs while you navigate helping take care of your loved one.

Here are some tips and resources to help you care for yourself as well as you care for others.

Communicating your self-care needs with your loved one



Share Your Feelings

Becoming a caregiver can change things in your relationship. But your loved one might not fully understand your feelings if you don't express them. **By discussing your feelings openly**, you can work together to support each other and strengthen your bond, even as your relationship evolves.



Write It Down

There are many ways to process emotions. **Getting thoughts onto paper** may provide you with a sense of clarity and preparation for future conversations.



Schedule Time to Talk

Some conversations can be especially challenging. **Plan out what you want to say and schedule time to discuss it.** That way, you can have a productive conversation and walk away from it feeling satisfied.

Prioritizing a healthy lifestyle for you and your loved one



Move in Tandem

Boost both your moods and reduce stress by adding physical movement to your day. Try a workout class, gym session, or a walk around the block together.



Eat Better Together

Nutrition powers your health. Start simple by adding fruits and veggies to your meals. When going out to eat with your loved one, swap fries for a side of veggies.



Rest and Refresh

Ensure you both get enough sleep for better energy and perspective. Create a sleep schedule and set reminders to help maintain the new routine.

Support is out there.

Lots of people are going through the same things you are, and there are support groups that can help. Join one to share your experience and get advice from others who have been through it, too.

[Find the right support group for you at our Patient & Caregiver Tips page.](#)

Making time for yourself

Balancing caregiving duties with self-care is essential. Try taking some time each day to do what you love, like enjoying your favorite hobby, reading a book, taking a walk, or even having a cup of coffee.

Remember to care for yourself—because caring for those who care the most matters.



© 2024 Bayer. All rights reserved. BAYER, the Bayer Cross and NUBEQA are registered trademarks of Bayer, and Access Services by Bayer is a trademark of Bayer. PP-NUB-US-3400-1 09/24


NUBEQA[®]
(darolutamide) 300 mg tablets