

# Caregiver Stress

1. SKA RFO LEPH \_\_\_\_\_
2. TAEK A BEKAR \_\_\_\_\_
3. ETG STURDOOO \_\_\_\_\_
4. OVME EMOR \_\_\_\_\_
5. JURANOL \_\_\_\_\_
6. PIRTACCE DUGAETTRI \_\_\_\_\_
7. LTIMI EWNS ITANEK \_\_\_\_\_
8. ETCOCNN ITHW SHTEOR \_\_\_\_\_
9. IFND A YBOHB \_\_\_\_\_
10. ROIUNSH UYRO BOYD \_\_\_\_\_

# Caregiver Stress

1. SKA RFO LEPH **ASK FOR HELP**
2. TAEK A BEKAR **TAKE A BREAK**
3. ETG STURDOOO **GET OUTDOORS**
4. OVME EMOR **MOVE MORE**
5. JURANOL **JOURNAL**
6. PIRTACCE DUGAETTRI **PRACTICE GRATITUDE**
7. LTIMI EWNS ITANEK **LIMIT NEWS INTAKE**
8. ETCOCNN ITHW SHTEOR **CONNECT WITH OTHERS**
9. IFND A YBOHB **FIND A HOBBY**
10. ROIUNSH UYRO BOYD **NOURISH YOUR BODY**