

# How to Conserve Energy While Giving Care

**Accept  
the reality  
of each situation.**

Resisting what actually is happening drains your energy.

**Remember  
your job isn't to  
fix or save anyone.**

You are absolutely important but you not *indispensable*. You are also not a superhero, and trying to be one drains your energy.

**Allow yourself  
to ask for  
and receive help.**

Unnecessarily isolating yourself and unnecessarily shouldering the caregiving load alone drains your energy.

*You  
First*

**Process  
your feelings  
in healthy ways.**

Repressing/denying your emotions consumes a lot of your energy and *inappropriately* venting your emotions doesn't help anyone.

**Accept  
the limits of  
your influence.**

Attempting to change or worry about or rail against people or circumstances that you have *no ability to alter* drains your energy.

**Speak  
kindly to  
yourself.**

Beating yourself up and judging how you feel drains your energy.