



## **Words to the Wise for 2007**

Since January is the traditional time of year for resolutions, we'd like to suggest a few for people who are "sandwiched" into the role of **caregiver**:



1. **Do *not* do unto others ... what they can do for themselves!** Caregivers tend to be very "giving"—sometimes to a fault! As you are acting as caregiver, remember that whether it's your children or your elderly parents that you're helping, you actually **take away** independence and a sense of accomplishment when you do something they can do for themselves.
2. **Ask for help – *before* you think you need it.** Burnout is a serious issue for people who provide care for others. Learn about community services and programs near you or your relatives who need care, and don't hesitate to use them. Remember to give other family members a chance to share responsibilities too. Even relatives who live far away can take on certain tasks to help. Delegate *before* you become overwhelmed, depressed or resentful of your caregiving role.
3. **Reserve – and *honor* – time for yourself.** Make a pledge to set aside more time dedicated to *you*. Try marking your personal time on your calendar to make it more "official," and try not to change those dates unless absolutely necessary.
4. **Call WFB for help with your resolutions and responsibilities.** Our help is free and available to you 24/7. Call us at 1-800-328-4071 or visit our web site at [www.wfbenefits.com](http://www.wfbenefits.com). Have a happy and healthy 2007!