



FLORIDA ANGELCARE

END-OF-LIFE CARE

HELP WHEN YOU NEED IT

CARING FOR YOURSELF DURING DIFFICULT TIMES

Supporting a loved one through their final days is an emotionally intense experience. During this time, It's so important to take care of yourself as you care for others whether it is physically, emotionally, from afar or up close, all the emotions take a toll on our well being, so ensuring that you stay strong, balanced, and present is paramount.

As an end-of-life doula, I have found that self-care makes a huge difference, and I want to share some simple practices that I use daily and recommend to you to help maintain your well-being during this difficult time.

With peace,

Lara



WHY THIS MATTERS

Taking care of yourself isn't just about feeling better—it's about making sure you have the energy and strength to support your loved one. The following practices are simple but powerful, and I hope they can help you as much as they help me daily.



I'M HERE FOR YOU

Remember, you don't have to go through this alone. If you ever want to talk or need more support, I'm here for you. Please reach out if you have any questions or just need someone to listen.



SELF-CARE TIPS

SELF-CARE PRACTICES
I RECOMMEND**MEDITATION**

Just a few minutes each day can help you find a sense of calm and keep your emotions balanced. Simply find a quiet space and focus on your breath.

WALKING AND EXERCISE

Moving your body, even if it's just a gentle walk, can really help clear your mind and lift your spirits. I make time for this every morning and encourage you to do the same.

JOURNALING

Writing down your thoughts and feelings can be a great way to release stress and process what you're going through. I find it helps me sort through my emotions, and it might help you, too.

MUSIC AND SOUND

Listening to calming music or soothing sounds can instantly change your mood. Whether it's your favorite song or nature sounds, incorporating this into your day can bring a lot of comfort. Bonus... it calms everyone around you including your pets. My puppy loves classical music!

WATER THERAPY

Whether it's soaking in a bath, going for a swim, or just sitting by the water, there's something incredibly soothing about being around water. It's one of my favorite ways to relax and recharge.

