

Prevention of Caregiver Fatigue

S S T E L H P M A P D A E R I F P
L E X E R C I S E E B V I T M Q X
E N M L F P H O B B I E S S F K J
E S B Z H C Y C M Y T I M E O F F
P Y C I S U M Q H J M A S T J N Q
P G I W G Q R M L Y Y N G M Z U I
T S B P T X T E B X D I V O Q T B
A Z M A F J Q E L V X R R S Y R X
K U E I C S G H Y A W T A L K I W
E G D O X A K J Q Z X L T T A T L
C D I T S S H Z R C S A A Z I I G
L W T S L D E X W L I K T B P O Z
A K A H M Y E J L C B P A I Q N N
S M T X U N A X H C T H I E O S V
S J I B C S D I V S P M S Q R N E
E S O Z J F P R B X Y F X Y R B K
S F N N Z Y B W G Y V Z L C N R P

read pamphlets	take classes	meditation	relaxation
hydration	nutrition	exercise	time off
hobbies	massage	breaks	taichi
music	sleep	Talk	yoga