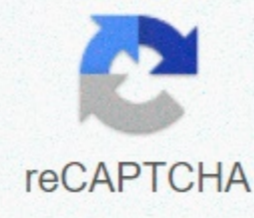




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**Euonymus alatus compactus care**

When building a skin care routine, it is important to remember that products do not have to be expensive to be effective. Adopting a simple, three-step approach that includes cleansing, moisturizing, and protecting your skin can help reduce skin care costs while keeping your skin healthy. In addition to simplifying your approach, follow these tips from board-certified dermatologists to be skin and savings smart. Picture: iStock Caring for an aging parent or a loved one who is sick or disabled is often deeply rewarding. But it can also consume a lot of time, as well as physical and emotional energy. You may feel overwhelmed by countless responsibilities - home, work, other family needs and caring. But it's just as important to take care of yourself before you burn out. Try our five tips below to help rejuvenate yourself. 1. Recruit help: You don't have to do it all yourself. In fact, it is best to have more than one person involved in caring. Whether it's accompanying your loved one to appointments, helping with housework, or cooking dinner one night a week, ask other family members to lend a hand. And if someone asks if he or she can pitch in, don't be afraid to say yes! 2. Quell fault: At times you may feel that there is something more you need to do or something you should have done differently. Rather than ruminating on what could or should be, give yourself credit for everything you do. If the guilt is particularly strong, talking them over with a counsellor or social worker can help. 3. Stay active: Frequent exercise delivers proven health benefits, such as lowering cholesterol and blood pressure - and it can be a powerful energy and mood lifter, too. Try to get 30 to 60 minutes of exercise on most days of the week. If this amount doesn't seem doable, don't worry - some exercise is always better than none. 4. Stay connected: Stay away from friends by phone or email, or schedule weekly walks or a regular lunch or movie. Ask people to stop by and visit you or the person you are helping, so you can take a break and feel connected to the world outside of your caring role. 5. Relax and enjoy yourself: Listen to music you like, take a luxurious bath, dabble in creative pastimes, or even splurge on a massage. You can also learn meditation or other relaxation techniques through a class, tape or book (yoga is also a great relaxer). For more advice on caring for an aging family member or friend, buy Caregiver's Handbook, a special health report from Harvard Medical School. Disclaimer: As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Note the date of the last notification or update on all articles. No content on this site, regardless of date, should be used as a substitute for direct medical advice from your doctor or other qualified clinician. Text size of A A Share Breast cancer treatments have come a long way in the last few generations. Get an overview of treatment options for today's breast cancer patients. Patients.

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