Respite Messaging for the General Public
Lifespan Respite Grantee and Coalition Selected Taglines/Messages

The messages most highly rated by grantees:

*Your care may be super, but you’re only human.*

*It’s okay to need it, it’s okay to want it, it’s okay to get it.*

*Self-care is not selfish. There is only one you.*

*Caring for caregivers.*

*Refresh. Recharge. Respite.*

*Caregiving. You can’t pour from an empty cup. Receive Respite so you can fill up.*

**Good idea:** Insert #Respite after your tagline/message.

**And additional messages to refine or consider:**

- Take a break to rejuvenate.
- Take a breath with respite.
- Break today, or lose it tomorrow.
- Respite...a need for all seasons.
- You deserve a break today!
- Respite care for you = better care for your loved one.
- Respite—-the power tool in the caregiving toolbox!
- We call it respite. Take a break from caregiving.
- Needing a break from caregiving is normal.
- Ease your burden. Take a break from caregiving. Get some respite.
- Give the person for whom you care a break. Get some respite.
- Take a break with respite.
- Words are cheap. Give *time* to a caregiver.
- Caring for the caregiver.
- Respite: So you can care.

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Respite: A valuable service for those who provide the invaluable. *Caring.*
Respite. Because you need care too.
Give, give, give, give give...TAKE. Time for yourself is something we all deserve.
Respite. Take a break to not to break.
There is an *I* and *rest* in Respite to keep you healthy and well in taking care of your loved one(s). Use IT!
Respite cares for caregivers. Take a break to rejuvenate.
Respite is your gift to you.
Don’t save respite for a rainy day when it’s already raining!
Take the time.
Recharge with respite!
Recharge for Love! Lifespan Respite...
Supporting working caregivers is a sound business decision.
You care...so take care of you.
Take a break before you break.
Put on your brakes. Take a break.
Respite rejuvenates caregivers.
Respite = Caregiver Good Health.
Take off with respite.
Care for yourself so you can care for others!
Respite: because your life depends on it.
CAREGIVER TOOLBOX INCLUDES RESPITE. (Make sure you get it!)
Take a Break South Carolina! (original)
Take Another Break South Carolina! (follow-up)