



SELF-CARE TIPS FOR CAREGIVERS

A GUIDE FOR GUARDING YOUR OWN MENTAL HEALTH.

HELPING OTHERS IS STRESSFUL. IT'S OKAY TO PUT YOURSELF FIRST SOMETIMES.

If you're caring for a friend, loved one or community member, you've probably experienced fatigue and anxiety related to the burden you're carrying. It's honorable to help anyone who's struggling. But make sure you're watching out for your own mental health and well-being.

PRACTICE REGULAR SELF-CARE.

Self-care is essential for support networks. Embrace activities that leave you feeling rested, relaxed and recharged. Scheduling self-care in advance can help you prioritize it. Journaling about activities that help you unwind can also be beneficial.

SET HEALTHY BOUNDARIES.

Establishing clear boundaries is crucial. Communicate your limits to others and stick to them. This can prevent burnout and help you continue to provide support without compromising your own health.

FIND EMOTIONAL SUPPORT.

Talking with a therapist can help you process your feelings and develop coping strategies. Professional support provides a safe space to express emotions and gain perspective.

SCHEDULE REGULAR BREAKS.

Taking breaks from support network responsibilities allows you to recharge. Use this time for activities you enjoy or simply to rest. Regular breaks can prevent burnout and improve your ability to support others.

MONITOR YOUR STRESS LEVELS.

Be aware of signs of stress, such as irritability, fatigue or physical symptoms like headaches. Recognizing these signs early allows you to take proactive steps to manage stress before it becomes overwhelming.

EDUCATE YOURSELF.

Understanding the mental health challenges your loved one faces can improve your ability to provide support. Education reduces uncertainty and helps you respond more effectively to crises.

BUILDING YOUR OWN SUPPORT NETWORK.

Connect with friends, family or support groups who understand your situation. Sharing experiences and advice can reduce feelings of isolation and provide practical help when needed.

USE COMMUNITY RESOURCES.

Explore local programs and services offering respite care, counseling or support groups. These resources can provide relief and connect you with others in similar situations.

PRIORITIZE PHYSICAL HEALTH.

Maintaining your physical health supports your mental well-being. Get adequate sleep, eat nutritious meals, engage in regular physical activity, and check in with your doctor for routine care and guidance. These habits can improve mood and energy levels.

PRACTICE RELAXATION TECHNIQUES.

Relaxation methods like deep breathing, meditation or yoga can help manage stress and promote emotional balance. Even short sessions can be effective.



SOMEONE TO RESPOND



SOMEONE TO CONTACT



A SAFE PLACE FOR HELP

YOU DESERVE TO BE AT YOUR BEST.

We encourage you to use these tips to look out for your mental and physical health. For more information,

SCAN THE QR CODE

CALL, TEXT OR CHAT 988

