

Tips for Managing Caregiver Stress



ASK FOR AND ACCEPT HELP

Make a list of ways in which others can help you, share the list with others and let them choose how to help.

FOCUS ON WHAT YOU CAN DO

At times, you might feel like you're not doing enough. No one is the perfect caregiver. Believe that you are doing your best.

SET REACHABLE GOALS

Break large tasks into smaller steps that can be done one at a time. Make lists of what is important. It is ok to say 'NO'.

SEE YOUR HEALTHCARE PROFESSIONAL



Get your regular health screenings. Tell your healthcare professional that you're a caregiver and talk to them about worries you have.



TAKE CARE OF YOUR HEALTH

Find ways to sleep better. Move more on most days. Eat a healthy diet. Drink plenty of water.

GET CONNECTED

Learn about caregiver resources or support groups in your area. There may be classes to take or resources like rides, meal delivery or help navigating care options. Support groups provide a helpful resource from people in similar situations.

