

# HOW TO HELP CAREGIVERS COPE WITH STRESSORS

Caregivers may be concerned about how ongoing or acute stressors can affect their emotional well-being. Save the Children has prepared the following 10 tips to support caregivers.



## 1. Take care of your body.

Eat regular meals, drink enough water, and give yourself adequate time to rest and recover.



## 2. Take breaks to release and recharge.

Set boundaries and find the right balance between being informed and taking time to turn off news and social media to avoid overwhelming yourself with exposure.



## 3. Do things that you enjoy, take time for fun and relaxation.

Find activities that help you relax, such as breathing exercises, meditation, or exercises like swimming, walking, stretching, or yoga.



## 4. Explore your creativity.

Express your thoughts and feelings in new ways to help make sense of what has happened and how you feel, such as journaling, painting, drawing, cooking, or music.



## 5. Allow time for self-reflection and understanding.

Take time to consider how you are feeling and what might be impacting your emotions and responses. Pay attention to how your body is feeling, and what thoughts you are having.



## 6. Identify and seek out people, activities, places and things that comfort you.

Stay in touch with the important people in your life and accept and offer support and kindness.



## 7. Practice spiritual self-care in the way that works best for you.

Talk with your faith leaders, counselors, or others who can provide comfort and help. Spend time outside, or listen to an inspirational podcast.



## 8. Focus on the small things you can do to improve your day-to-day life.

Rather than putting your time and energy into things that are out of your control, look for actions that you can do to support yourself now and in the future.



## 9. Reach out to and help others.

Find small ways to help others, offering an encouraging word, running an errand, volunteering, or being there to listen, can make a difference and help combat feelings of helplessness.



## 10. Know when to seek additional and professional help.

Be aware of your limitations and know when to focus more on caring for yourself and when to seek professional help. Remind yourself that these are normal reactions to abnormal situations.

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## When to seek additional support.

If you find that symptoms are significantly impacting your ability to function at home or work, consider talking with a mental health professional. Even if you don't find yourself struggling to function, seeking the guidance of a mental health professional might be the right thing for you. These extraordinary times call for using all our resources for strength and recovery. Give yourself permission to access those resources to take care of yourself.

If you are experiencing any of the following symptoms, a mental health professional can talk to you about ways to relieve the overwhelming stress.

- Feeling constantly on edge or in danger
- Rage, extreme irritability, or intense agitation
- Severe anxiety, worry, or feelings of panic
- Severe depression marked by the inability to feel hope or pleasure; a lack of energy and motivation; feelings of worthlessness
- Abuse of alcohol, prescription drugs, and/or illegal drugs
- Repeated and intrusive memories or “flashbacks” of disaster-related events
- Emotional numbing—feeling “empty”
- Feeling extremely helpless

If you have thoughts of hurting yourself or others,  
it is important that you seek help for your safety and the safety of others.

**If you or someone you know is struggling or in crisis, help is available.  
Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)**