



# MANAGING AND REDUCING STRESS

Everyone experiences stress from time to time. But for caregivers who are taking care of a loved one, the emotional and physical strain of caregiving can be particularly stressful.

Remember: being a caregiver doesn't mean you need to take on the everyday challenges alone. Next time you're feeling overwhelmed, consider the following 10 tips to help deal with caregiver stress.

## 10 Tips for Caregivers

1



Find Your  
**Support System**

2



Gather  
**Information**

3



Recognize a  
**“New Normal”**

4



Relax Your Mind,  
**Recharge Your  
Body**

5



Take Comfort  
**in Others**

6



Plan for  
**the Future**

7



Accept a  
**Helping Hand**

8



Be Mindful of  
**Your Health**

9



Explore Stress  
**Management  
Techniques**

10



Do What You Can,  
**Admit What  
You Can't**