

Wellthy Community Supports Mental Health While Caregiving

Family caregiving often brings upon feelings of overwhelm and isolation, emotions that may lead to clinical depression, anxiety, and burnout. According to AARP's **Caregiving in the U.S. 2020 report**, "Feelings of loneliness are associated with fairly strong feelings of stress and strain as well as decreased health for caregivers".

Here at Wellthy, we know that having a support system means everything. With Wellthy Community, individuals can relieve their caregiver stress by finding support, sharing experiences, and exchanging knowledge with those who are navigating similar situations.



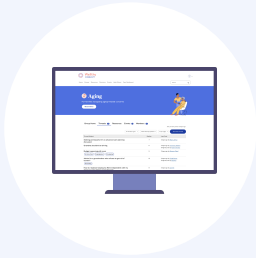
Ask the questions you're afraid to voice out loud

Keeping thoughts, questions, and emotions about caregiving bottled up will only add to your mental load. If you're self-conscious about voicing caregiving challenges to friends, family or colleagues, turn to Wellthy Community. It's a safe space where you can ask those intimate questions, share your own tips, or simply just vent to get things off of your chest.



Help yourself by helping others

It can feel rewarding to help others when you know the value of support yourself. Psychologists refer to this as "helper's high", or a blissful feeling from doing something for someone else that is helpful or kind. Wellthy Community provides endless opportunities to not only gain support, but to also pay it forward to other family caregivers.



Connect with a community of caregivers like you

Social isolation from caregiving takes a real mental health toll if you don't have someone in your life you can open up to about the stress. Wellthy Community is a virtual space that is available 24/7 where you can feel safe, supported, and surrounded by others going through similar experiences. That's the power of community.



A community of caregivers is waiting for you.

To join Wellthy Community, visit [wellthy.com/exelixis](https://www.wellthy.com/exelixis) and click Get Started, then select the Join Community tile when prompted.