



Mental health tips for family caregivers

Remember, you're not alone in feeling stressed or anxious while caregiving. It's demanding and emotional but managing stress healthily is crucial for your mental and physical wellbeing.

Communication is key

Don't hold it all in! Connect with people you trust, whether it's a close friend, family member, or colleague. Also, consider journaling to jot down thoughts and reflect.

Delegate

Make a list of daily activities, and try to delegate as much as you can. Have a sibling who is good with finances? See if they can create a budgeting spreadsheet for you. People want to help, so don't be afraid to lean on others for additional support.

Get plenty of z's

Prioritize sleep. Being well-rested helps with stress, concentration, and decision making. Struggle to relax? Monitor caffeine consumption and screen time before bed!

Laugh

In the bleakest situations, a touch of humor can be a lifeline. Caregiving can often be daunting and challenging. Embrace chances to be light-hearted and share laughter, relieving stress and lifting the mood.

Find the right resources

Determine your main stressors (time, tasks, finances) and explore solutions! There's respite care, day programs, volunteers, food delivery and so much more. Wellthy can assist in finding and arranging the right one for you!

Need help navigating care for mental health?

Visit join.wellthy.com/exelixis to create a Care Project and connect with your dedicated care expert.