Addressing Caregiver Burnout

(links included)

Schedule Personal Time

Treat it like an appointment you can't miss. Even a 30-minute walk can do wonders. **We like Anydo**. And it’s free :)

Meditation and Mindfulness Apps: Apps like Headspace, Calm, or **Ten Percent Happier** can help you center yourself and find peace amidst chaos.

Accept Help and Delegate

Use Respite Care Services: These give you a break while ensuring your loved one is well-cared for. Explore options at **Support for Family Caregivers.**

Delegate Tasks: Don’t be afraid to ask for help from other family members or friends. Check out our selected **Caregiving Apps to Share the Care**.
Learn to say no and establish boundaries to protect your time and energy

Gratitude

Keep a gratitude journal or APP. We love **Gratitude Jar.**Try to think of one thing each evening to enter, whether someone held a door, exchanged a smile, a neighbor’s wave, seeing beautiful tree during a walk outside, or tasing a freshly picked garden tomato.Take a moment to appreciate what you are able to do independently, like cook your own meal, go to the restroom.

Professional Help

Professional Help: Don’t hesitate to seek help from a therapist or counselor if you’re feeling overwhelmed. Here are a few low-cost resources.

Open Path Collective
Therapist.com
Open Counseling

Laugh, Sleep, Read

Watch a comedy shows or read a funny book. Laughter is a great stress reliever.

Prioritize sleep by creating a calming bedtime routine. Try using sleep sounds or **white noise apps**.

Read: Escape into a good book. Audiobooks are a great option if you’re on the go. Check out Audible or **LIBBY with your public library card**