

Mental health tips for family caregivers

We want to remind you that you're not alone if you're experiencing stress or anxiety while caring for someone you love. Caregiving can be incredibly demanding of one's time, energy and emotions. It's not always easy, but finding healthy ways to manage stress is vital to your mental and physical wellbeing.

Check out these 5 tips from Wellthy's care experts to help reduce stress and avoid caregiver burnout:



Communication is key

Don't hold everything in! Connect with people you trust, whether it's a close friend, family member, or colleague—it will feel good to get things off your chest! Also, consider journaling. Even during the most chaotic days, take a moment to jot down your thoughts, feelings, and daily insights.

Laugh

The most grim and difficult situations are desperate for some levity. For families with loved ones with dementia or Alzheimer's, it can be tough having to repeat yourself, and handle difficult behavior or mood swings. Look for ways to be silly and giggle, reducing the stress, and lightening the mood.

Delegate

Make a list of daily activities and chores, and try to delegate as much as you can. Do you have a sibling who is good at finances? Ask them to help with creating a budgeting spreadsheet. And maybe your spouse can make dinner twice a week. People want to help, so don't be afraid to lean on others for additional support.

Find the right resources

If you can identify what is causing you the most stress (time crunched, day-to-day duties, finances), there may be good solutions to help! There are countless community services and resources like respite care, day programs, volunteers, and food delivery. (Wellthy can help find the right one and set it up for you!)

Get plenty of z's

Don't skimp on sleep! You're better able to cope with stress when being well rested. Plus, it can also improve your concentration and decision making. If you're having trouble winding down, keep an eye on your caffeine intake and pre-bed screen time!

Need some extra support?



Take a deep breath and know that Wellthy is here to support you.

To create your account and get started, visit join.wellthy.com/medica