Ways to Manage Caregiver Stress

There are times when caregiver stress cannot be avoided, but it can be managed. Here are some ways to help you maintain your health and well-being.

- Express your feelings to someone. Caregiver support groups are available in many communities. Caregivers can share their feelings and exchange ideas and resources.
- Rid yourself of the mental attitude that you have to do it all.
- Delegate responsibilities to other family members or to service providers in the community.
- Take care of your physical health. Eat balanced meals and exercise regularly.
- Continue the social activities you enjoy.
- Keep involved with groups and hobbies. This is not the time to lose contact with friends and family members.
- Take time for yourself. Schedule time away from your caregiving duties. Don’t be caught with a “martyr complex,” thinking you are the only person who can be the caregiver.
- Avoid negative ways of coping with stress. Overeating, alcohol, drug misuse, and directing your stress at someone else are destructive ways of dealing with stress problems.
- Encourage the care receiver to be as independent as possible. Work together to solve problems and figure out ways the care receiver can help himself.
- Ask for help. Attempting to be on call 24 hours a day, seven days a week, is an impossible task.

Maintaining your energy and vitality as a caregiver is important to you and your family. Exhaustion and burnout can be reduced if you learn to take care of yourself.

List some ways you already manage your stress:

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Think of additional ways that you can manage your stress.

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For more information, read:


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This tip sheet is part of a series:

Caregiving Relationships: For People Who Care for Adults

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