

# CARING FOR THE CAREGIVER



## Mental Health

Mental health focuses on your ability to make good decisions and think clearly about situations in your life that may be stressful. Caring for your mental health helps to also care for your physical health. Many issues like anxiety and depression can increase the risk for conditions like diabetes, stroke, or heart disease. Your mental health can change over time based on many factors and stressors present in your life.

## Tips to Support Your Mental Health

- **Accept Support:** Allow family and friends to help you with everyday tasks. Consider creating a list of ways that they can help, and when someone asks, allow them to pick an item from your to-do list.
- **Create personal health goals:** Taking care of your health is just as important as taking care of your loved one. Create goals to support your mental health such as seeing a therapist, doing an activity you enjoy weekly, or getting together with friends once a month.
- **Join a caregiver support group:** Finding a support system made up of people who understand your role can help you problem-solve and can be a place to develop deep, meaningful friendships. Looking for a group? [Check out our TEAL Cares Support Group!](#)
- **Give yourself grace:** No one is a perfect caregiver. The needs of your loved one and you can change daily; so be flexible to that reality. Appreciate the times when you can check off a lot on your to-do list and be kind to yourself when you can't.