

# COPING STRATEGIES FOR CAREGIVERS

Supporting someone through distress can be overwhelming. **Your well-being matters too.** Caring for yourself helps you stay grounded, patient, and safe.

## 1. Notice your own reactions

---

Pay attention to breath, heart rate, and tension.

Name what you feel: stress, fear, frustration, sadness.

These reactions are normal.

## 2. Use your own grounding tools

---

Take slow breaths.

Put your feet flat on the floor.

Hold something cool or textured.

Step away for a minute if you need to reset.

## 3. Set gentle boundaries

---

You can say “I’m here to help and I need a moment.”

Protect your emotional and physical well-being.

Know when you can support and when you need backup.

## 4. Share the load

---

Ask others in the family or support network to help.

Rotate responsibilities to prevent burnout.

Use community supports wherever possible.

## 5. Take small breaks

---

Step outside for fresh air.

Drink water, stretch, or lie down briefly.

Rest when the situation stabilizes.

## 6. Reach out for support

---

Talk to someone you trust.

Connect with peer or family support groups.

Seek professional support if you feel overwhelmed or stuck.

## 7. Maintain your own routines

---

Talk to someone you trust.

Connect with peer or family support groups.

Seek professional support if you feel overwhelmed or stuck.

## 8. After a difficult moment

---

Reflect gently: what helped, what was hard?

Note any warning signs for next time.

New insights can help you prepare without blame or guilt.

## 9. You deserve care too

---

Supporting someone is hard work.

You are allowed to feel what you feel.

Your well-being supports the whole family's recovery.