

# 5 TIPS TO MANAGE CAREGIVER ANXIETY & DEPRESSION



## CAREGIVER ANXIETY

Caregiver stress and anxiety can be caused by managing too many responsibilities, loss of control, fear of a loved one's well-being, uncertainty about the future or worrying about healthcare finances.



## CAREGIVER DEPRESSION



Caregivers often spend more time taking care of others needs over their own. Neglecting your needs to care for loved ones over a prolonged period, combined with strained or overwhelming work environments, can have serious mental health consequences and can result in depression.

## TIPS TO MANAGE CAREGIVER BURNOUT

### PRACTICE ACCEPTANCE

When faced with the unfairness of a loved one's illness, practice acceptance and try to avoid the emotional trap of feeling sorry for yourself or searching for someone to blame.

### ASK FOR HELP

Don't be afraid to ask others arounds for help or support.

### FIND A BALANCE

Make sure caregiving doesn't take over your life. Try to incorporate self-care practices into your routine if you begin to feel overwhelmed.

### CELEBRATE YOURSELF

Find ways to acknowledge and remind yourself of all the help and effort that you are putting forth. It is important to celebrate the small victories and acknowledge your support as a caregiver.

### FOCUS ON THINGS YOU CAN CONTROL

Rather than stressing over things you can't control, like wanting more hours in the day, focus on how you chose to react to problems when they present themselves.



Check out these helpful resources to learn more about [Caregivers and anxiety and depression](#). For more information visit:

[WWW.ADAA.ORG](http://WWW.ADAA.ORG)