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.

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.

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.

ASK FOR HELP
Don’t be afraid to ask others around you 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.

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 choose 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