

Managing and Reducing Stress

Everyone experiences stress from time to time. But for caregivers who are taking care of a loved one, the emotional and physical strain of caregiving can be particularly stressful.

Remember: being a caregiver doesn't mean you need to take on the everyday challenges alone. Next time you're feeling overwhelmed, consider the following **10 tips** from Johns Hopkins HealthCare Solutions to help deal with caregiver stress.

10 Tips for Caregivers

1



Find Your
Support System

2



Gather
Information

3



Recognize a
"New Normal"

4



Relax Your Mind,
**Recharge Your
Body**

5



Take Comfort
in Others

6



Plan for
the Future

7



Accept a
Helping Hand

8



Be Mindful of
Your Health

9



Explore Stress
**Management
Techniques**

10



Do What You Can,
**Admit What
You Can't**

