

Care for Your Mind

Caregivers need to take care of their emotional and mental health to avoid burnout and handle stress in healthy ways.

TRY THIS

Get support. Consider a support group or counseling for dealing with tough times.

Take time for yourself. Give yourself opportunities to recharge to help you avoid burnout.

Get active. Physical activity can help you stay calm and focused and manage depression, anxiety, and sleep problems.

CHECK THIS OUT

Visit the Springboard page Care for Your Mind. <https://survivorship.cancer.gov/springboard/get-support/care-for-your-mind>

Read about taking care of yourself (<https://go.usa.gov/xRfbz>) and getting help in caring (<https://goo.gl/eXpLpL>) for your loved one.

Watch Springboard's mindfulness & relaxation videos. <https://goo.gl/oSWkBE>