

Caregivers need help, too

Making time to **care for yourself** is one of the **most important** things you can do as a **caregiver**.

Being a caregiver can be rewarding, but it's not always easy. In Florida, there are nearly 3 million caregivers who take care of an aging parent, loved one, child or friend. Sometimes it can feel exhausting and overwhelming to manage someone's care. And many caregivers put their own needs on the backburner.

If you're a caregiver, keep in mind: It's OK to get support and take care of your own needs, too. You won't be able to care for your loved one if you aren't taking care of yourself. Because of the stress that comes with being a caregiver, you may be more at risk for depression, anxiety and burnout if you don't get the help and support you need and deserve.

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Here are **five** simple things you can do to **take care of yourself** and improve your **mental well-being**.

- ✓ Let yourself take a break. Caring for someone takes a lot of energy and time. You need rest, too. Ask a friend for help or seek out respite care in your community.
- ✓ Take care of your health. You won't be able to care for your loved one if you aren't well. Get exercise when you can, eat well and see your doctor.
- ✓ Find support from other caregivers (online or in a support group). Caregiving can feel lonely. But you aren't alone.
- ✓ Let other people help. You don't have to do it alone. Your friends and family want to support you. They may just need direction from you on what you'd like them to do.
- ✓ Talk to your doctor if you experience signs of depression, like feeling empty, sad or hopeless. Get help right away.

Need more support?

Visit floridablue.com/caregiver for more tips and resources. If you're looking for more support or need help finding caregiving resources in your community, reach out to a community specialist at your local Florida Blue Center. You can ask questions, get help finding a doctor or find resources in your community whether you're a Florida Blue member or not. Florida Blue Centers also offer community webinars and classes on topics like mental health, at no cost. Visit your local center or call **1-877-352-5830** or learn more at floridablue.com/center. Also, check out the Florida Council on Aging's resources at fcoa.org/resources.