
FIVE TIPS TO OVERCOME THE STRESS OF CAREGIVING



1. **Make asking for help fun.** Host a potluck, game or movie night. Invite friends/family to create a support group at your home that puts some fun around a stressful situation.
2. **Find a support group.** Use support groups on social media platforms or engage with different members of your community.
3. **Walk it Out!** Ask a neighbor or friend to come over for 10 - 20 minutes, while you take a breather around the block. Take deep breaths, walk, and decompress.
4. **Pro TECH your self:** Find easy to use apps to make caregiving simpler <https://www.aarp.org/home-family/personal-technology/info-2019/top-caregiving-apps.html>
5. **Plan a day or weekend of rest:** Don't feel guilty about getting respite. Plan a weekend away, or two- three days where you get to sleep in, leave the house, and do whatever you want. You deserve it!

For more information or free consultation

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