



Therapy...  
AND A WHOLE LOT  
MORE!

# CAREGIVER WELL-BEING STRATEGIES



Scan for citations and a  
related Youtube video!

## Quick Resets

Take 1-5 minutes to yourself.

- Step into another room for a short break
- Take 5 deep, slow breaths
- Splash cold water on your face
- Have a drink of water or a snack

## Small Moments

- Sit and relax while your child is engaged in something
- Listen to calming music or podcasts during routines
- Take a moment before your child wakes up or after bedtime

## Emotional Support

- Text or call friends or family
- Join free online support groups
- Connect with others through social media
- Share a small win in your day with someone

## Mindset Shift

- Focus on what went well today, even if it's small
- Remind yourself- "I am doing my best"
- Pick your battles- let go of everything needing to be perfect

## Body Movement

- Short indoor or outdoor walk
- Walk up and down the stairs a few times
- Gentle yoga poses (i.e. child's pose)
- Relax shoulders, roll them forwards and backwards

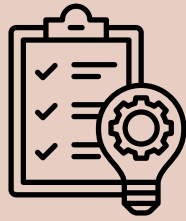
## REMINDERS



- You do not have to do everything alone!
- Small breaks still count as breaks
- Taking care of yourself helps you take care of your child
- Not every strategy will work every time, and that is not your fault
- Slow progress is still progress, and your efforts matter

**YOU  
GOT  
THIS!**

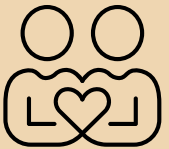
## IMPROVES CHILD OUTCOMES



When caregivers feel less stressed and are doing well mentally, they are more consistent and better able to respond to their child's needs. This helps improve a child's behavior, increase daily participation, and create a calmer home environment.

## ENHANCES POSITIVE PARENT-CHILD RELATIONSHIPS

Improved caregiver well-being supports more positive interactions with their children and responsiveness to their needs. This leads to greater patience, child engagement, and emotional availability to support their child.



## PREVENTS CHRONIC BURNOUT

Caregivers often have increased demands and responsibilities. Providing support reduces some of this stress and allows caregivers to have more time to be present and calm.



# IMPORTANCE OF CAREGIVER WELL-BEING

01.

02.

05.

03.

04.

## IMPROVES PHYSICAL HEALTH

When caregivers experience less stress, their bodies are better able to recover and function. Lower stress levels reduce stress hormones, which can decrease the risk of health issues such as high blood pressure, heart disease, and fatigue.



## AVOIDS COMPASSION FATIGUE

When caregivers are supported and able to recharge, they are more likely to stay patient, empathetic, and engaged rather than feeling overwhelmed or emotionally drained.

