How can I manage caregiver stress?

Practise self-care

- Positive self-talk
- Tell yourself daily that you are helping the person in your care even if you do not do everything well; you are doing everything with love and you are improving

Make use of respite care

- Take a rest first so you are more able to care for others

Join support groups

- Hospital support groups
- Community support groups
- Online communities

Seek professional help

- From a therapist, counsellor or spiritual advisor