

Caregivers need help, too.

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

01

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.



02

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.



03

Find support from other caregivers (online or in a support group). Caregiving can feel lonely. But you aren't alone.



04

Let other people help. You don't have to do it alone. You may just need to let them know what you need help with. Your friends and family want to support you.



05

Talk to your doctor if you experience signs of depression, like feeling empty, sad or hopeless. Get help right away.



If you're looking for more support or need help finding caregiving resources 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.