

# You Matter Too: A Caregiver Self-Care Guide

healthy  
AND READY TO  
learn



Children's  
Health Fund



I feel  
exhausted!  
What can I do?

- Take 5-10 minutes just for yourself
- Stretch or take a short walk
- Drink water and eat regular meals
- Get enough rest when you can
- Talk with someone you trust
- Do one small thing you enjoy daily

## REMINDER

- Your well-being matters!
- Taking breaks is not selfish
- Small steps make a big difference
- Asking for help is a strength

I am  
overwhelmed!

- Pause and take slow, deep breaths
- Step away for a moment if possible
- Reach out to a friend, family member, or support group
- Remind yourself: you are doing your best

Who can I reach  
out to for  
support?

- Family or friends
- Faith or community groups
- Parent/Caregiver support groups
- Professional support when needed



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