

# Care for Your Mind

Caregivers need to take care of their emotional and mental health to avoid burnout and handle stress in healthy ways.

## TRY THIS

**Get support.** Consider a support group or counseling for dealing with tough times.

**Take time for yourself.** Give yourself opportunities to recharge to help you avoid burnout.

**Get active.** Physical activity can help you stay calm and focused and manage depression, anxiety, and sleep problems.

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## CHECK THIS OUT

**Visit** the Springboard page Care for Your Mind. <https://survivorship.cancer.gov/springboard/get-support/care-for-your-mind>

**Read** about taking care of yourself (<https://go.usa.gov/xRfbz>) and getting help in caring (<https://goo.gl/eXpLpL>) for your loved one.

**Watch** Springboard's mindfulness & relaxation videos. <https://goo.gl/oSWkBE>