

Finding Meaning & Purpose

Connecting with the meaning and purpose of caregiving can help you cope with distress and reframe the caregiving experience into something positive.

TRY THIS

Change the way you think about caregiving. Think about people who have taken care of you in the past and the role model you're being for others.

Focus on what you can control. Choose how you handle the caregiving role and how you face challenges.

Practice self-care. Make time to take care of your body, mind, and soul.

CHECK THIS OUT

Visit the Springboard page Finding Meaning & Purpose.

<https://survivorship.cancer.gov/springboard/get-support/finding-meaning-and-purpose>

Watch videos of guided mindfulness and relaxation exercises.

<https://goo.gl/oSWkBE>