

# Caregiver Wellness

Maintain HOPE in the Face of  
Uncertainty



Engage in  
Joyful  
Activities



Take A Self-  
Compassion  
Break



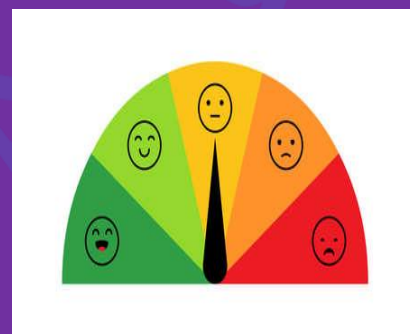
Create a  
Web of  
Support



Access a  
Warmline



Prioritize  
Sleep'



Regulate  
Overwhelming  
Emotions

Recognize Signs of Stress

National Parent Helpline:  
Asking for Help is a Sign of Strength

Visit the SDCOE Virtual Wellness Center to  
access support, take a break, rest and refocus.