

# Caregiving solutions to support mental health

Caring for a loved one can be rewarding but challenging. Caregivers are often so focused on their responsibilities that they don't realize the mental and physical toll on their own health. Caregivers may experience high levels of depression, stress, and anxiety. But being a caregiver doesn't mean you have to sacrifice your health and wellbeing. In fact, by taking care of yourself, you will be able to provide much better care for your loved ones. Family First can work with you in addressing your stressors, making lifestyle adjustments, and looking at resources available to support you in your caregiving journey.

## Caregiving responsibilities can create work-life imbalance

70%

Of caregivers experience work-related difficulties

57%

Report significant stress, anxiety or depression

39%

Leave their job to care for a loved one

## Top 5 reasons causing caregiver stress



MENTAL HEALTH



ELDERCARE



FAMILY DYNAMICS



LEGAL ISSUES



CHILD & ADOLESCENT WELLBEING