Family Caregivers: Care for yourself one small way each day

- Treat yourself to healthy foods and get enough sleep
- Find new ways to safely connect with family and friends, get support, and share feelings
- Take breaks to relax and unwind through yoga, music, gardening, or new hobbies
- Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990
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