



# Self-Care & Resources for Caregivers



**As a caregiver**, it's easy to become overwhelmed. Here are 6 tips to help manage stress so you can be your best self for those who depend on you:

- 1. ASK FOR SPECIFIC HELP.** Be prepared with a list of ways that others can help you, such as running an errand, picking up groceries or cooking.
- 2. DO THE BEST YOU CAN.** It's normal to feel guilty sometimes, but no one is a "perfect" caregiver. Believe you are making the best decisions you can at any given time.
- 3. SET REALISTIC GOALS.** Break large tasks into smaller steps. Say "no" to requests you feel might be overwhelming, such as hosting friends or family gatherings.
- 4. CONNECT TO RESOURCES.** Find out about caregiving services in your community such as transportation, meal delivery or housekeeping.
- 5. SEEK SUPPORT.** Take time each week to connect with others, even if it's just a walk with a friend. A support group can also be a good place to create friendships and receive validation.
- 6. FOCUS ON YOUR HEALTH.** Establish a good sleep routine, be physically active most days, eat healthy and drink plenty of water. See your doctor for your recommended vaccinations and screenings and mention any concerns you have as a caregiver.

Source: [mayoclinic.org](http://mayoclinic.org)

## HOW YOUR LSC BENEFITS CAN HELP

- + **achievesolutions.net/lsc** for a wealth of online resources. Search on "caregiving" to find articles, self-assessments, support groups, webinars and more.
- + **Employee Assistance Program (EAP) for confidential counseling and referrals.** All LSC employees and their immediate household family members are eligible for unlimited telephone support and up to six confidential, no-cost visits (face-to-face or video enabled) per incident annually. Call **1-877-409-1488** or visit **achievesolutions.net/lsc**.
- + **BCBSIL for health and wellness tips and to find a network doctor.** Visit **bcbsil.com/lsc** or call **1-888-895-6985**. BCBSIL also provides support through its 24/7 virtual doctor service at **MDLIVE.com/bcbsil** or **1-888-676-4204**.