



Self-Care Tips for Caregivers

Your children and family members may look to you for comfort and how to respond during an emergency. Taking care of yourself helps you care for them and helps them cope with crisis.

Check your basic needs and body

- ☐ Eat when food is available, rest when you can, and keep up basic hygiene—check in with yourself: When did I last eat, sleep, or reset?
- ☐ Reduce physical tension by stretching regularly, and encourage your family to do the same in a safe space.
- ☐ Make your physical wellbeing a priority even if it is taking small steps like short naps and regular snacks.

Be patient— with yourself and others

- ☐ Everyone is stressed; that is normal.

Remember to breathe

- ☐ Sit or step outside for a few minutes when you're in a safe environment.
- ☐ Inhale for 2 seconds, exhale for 4 seconds.

Reach out for support

- ☐ Take turns on caregiving responsibilities with another adult when possible.
- ☐ Connect with shelter workers or disaster case managers for help accessing resources.
- ☐ Lean on your existing support network—family, trusted friends, or faith leaders.

Know when to ask for help

Seek support if you notice signs of depression, anxiety, or overwhelming stress that last for weeks and are affecting your relationships. Symptoms may include:

- ☐ Eating or sleeping too much or too little.
- ☐ Pulling away from people or things you usually enjoy.
- ☐ Feeling like you must keep busy.
- ☐ Worrying a lot of the time; feeling guilty but not sure why.

Disaster Distress Hotline | call or text: 1-800-985-5990

Provides 24/7 counseling to people who have experienced any disaster. Available in Spanish.

National Maternal Mental Health Hotline | call or text: 1-833-TLC-MAMA

Provides 24/7 counseling to people who are pregnant or just had a baby. Available in Spanish.

Call 211 for help or visit 211.org to find local contact information

Provided 24/7 help to locate local resources and services in the country. Available in multiple languages.



For 80 years, CARE has supported families in the U.S. and around the world during emergencies.

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