

# Caring for Caregivers

EVERYDAY  HEALTH



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# Mental Health Awareness Month 2025 Tool Kit: Caring for Caregivers

- Black Women and Caregiving: Facts and Information
- Signs of Caregiver Burnout
- Tips and Support for Caregivers
- Mental Health Resources
- Resources for Caregivers
- A Look Back at 2024: Tips for Optimal Mental Health Across the Lifespan
- A Look Back at 2023: Tips for Self-Care
- Everyday Health as a Resource



# Black Women and Caregiving: Tips and Information



## Black Women and Caregiving: Facts and Information

- Roughly 4.5 million Black women in the United States are acting as unpaid caregivers supporting an adult or child with special needs.
- Studies show that Black women are more likely than other groups to step into caregiving roles. The reason is partly cultural: Black women have always been a cornerstone of their families and communities, carrying generations with their strength and compassion.
- That cultural expectation is rooted in a history shaped by systemic oppression and societal expectations. During slavery, Black women were often forced to care for their enslavers' households and children, in addition to raising their own families. This legacy of caregiving, frequently underpaid or unpaid, continues to influence how society views Black women's labor today.
- Caregiving can be rewarding, but it can also be exhausting. For Black women, the strain is often compounded by systemic racism and the expectation to embody the "strong Black woman" archetype, which pressures Black women to bear their burdens without showing vulnerability, making it more difficult to seek help or prioritize self-care.
- It can also be physically, emotionally, and financially draining. Many caregivers are part of the 'sandwich generation,' simultaneously caring for their children and their aging parents. This dual responsibility often leads to high levels of stress, depression, burnout, and chronic health conditions, particularly when women neglect their own care.



## Black Women and Caregiving: Facts and Information

It's important for caregivers to take time to care for themselves and to ask for help when they need it. These steps can help:

- **Build Community.** Community organizations, faith-based groups, and informal networks can provide essential resources and emotional support.
- **Encourage Self-Care.** Self-care isn't selfish — it's necessary. Taking time to rest, connect with friends, or seek therapy can make a big difference.
- **Advocate for Policy Change.** Pushing for paid family leave, affordable healthcare, and caregiver support programs can help alleviate the burden.
- **Share the Load.** Family members and friends can step up to provide practical help, like cooking meals or running errands.



# Signs of Caregiver Burnout



# Signs of Caregiver Burnout

- Feeling overwhelmed
- Feeling alone or left behind by others
- Frequently feeling tired, worried, or sad
- Sleeping too much or too little
- Gaining or losing a lot of weight
- No longer being interested in activities you used to enjoy
- Easily getting irritated or angry
- Frequent headaches or body aches
- Coping with unhealthy behaviors like smoking or drinking too much alcohol

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BURNOUT Explore This Topic Share this article



**Caregiver Burnout: What It Is, Signs You're Experiencing It, and How to Cope**

By [Moira Lander](#) Updated on March 29, 2023

Medically Reviewed by [Seth Gillman, PhD](#)

**ON THIS PAGE**

[Definition](#) | [Causes](#) | [Symptoms](#) | [Coping](#)

When Kimberly Pong, 31, came home to spend the holidays with family in the Bay Area in 2019, she expected to stay about a month. She had





# Tips and Support for Caregivers




# Signs of Caregiver Burnout

## Strengthen Your Personal Network


- Find a caregiver advocate
- Off-load some of the work
- Join a support group
- Get workplace support

## Practice Healthy Coping Skills

- Eat plenty of healthy meals and snacks
- Prioritize sleep
- Keep moving
- Schedule checkups
- Ask for help
- Take regular breaks

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SELF-CARE

## How to Find Time for Self-Care When Caregiving

Supporting your loved one can take a significant amount of time and energy, hurting your ability to take care of your own health and well-being. Here's how to cope.



By Lauren Krouse

Published on October 9, 2023

Medically Reviewed by Marni Amsellem, PhD



# Mental Health and Wellness Resources



# Resources



Everyday Health  
[everydayhealth.com](https://everydayhealth.com)

Active Minds  
[Activeminds.org](https://activeminds.org)

American Psychiatric Association  
[psych.org](https://psych.org)

American Psychological Association  
[apa.org](https://apa.org)

NAMI College Guide for Students and Educators  
<https://collegeguide.nami.org/>

Mental Health Among African American Women  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-among-african-american-women>

Therapy for Black Girls  
[therapyforblackgirls.com](https://therapyforblackgirls.com)

National Alliance on Mental Illness  
[nami.org](https://nami.org)

Mental Health America  
[mhanational.org](https://mhanational.org)

National Medical Association  
[nmanet.org](https://nmanet.org)

Black Girls Smile  
[blackgirlssmile.org](https://blackgirlssmile.org)

988 Suicide & Crisis Lifeline  
[988lifeline.org](https://988lifeline.org)

Inclusive Therapists  
[inclusivetherapists.com](https://inclusivetherapists.com)

National Council for Mental Wellbeing  
[thenationalcouncil.org](https://thenationalcouncil.org)

World Health Organization: Mental Health  
[https://www.who.int/health-topics/mental-health#tab=tab\\_1](https://www.who.int/health-topics/mental-health#tab=tab_1)



# Resources for Caregivers



# Resources for Caregivers



## AARP Caregiving Forum

<https://community.aarp.org/t5/Caregiving/ct-p/Caregiving>

## Alzheimer's Association

<https://www.alz.org/help-support/community/support-groups>

## Family Caregiver Alliance Support Groups

<https://www.caregiver.org/connecting-caregivers/support-groups/>

## Rosalynn Carter Institute for Caregivers

<https://rosalynncarter.org/>

## Caregiver Action Network Forum

<https://www.facebook.com/groups/201714486219468>

## Veterans Affairs Caregiver Support Program

<https://www.caregiver.va.gov>,  
855-260-3274

## FCA Family Care Navigator

<https://www.caregiver.org/connecting-caregivers/services-by-state/>

## Medicare.gov

<https://www.medicare.gov/care-compare/resources/resources-and-information>

## Well Spouse Association

<https://wellspouse.org/>



# A Look Back at 2024: Tips for Optimal Mental Health Across the Lifespan



# Tips for Optimal Mental Health Across the Lifespan

## Childhood and Adolescence (Ages 0–18)

- Teach healthy coping strategies for stress and anxiety.
- Foster strong support networks with family and peers.

## Young Adulthood (Ages 19–40)

- Prioritize self-care.
- Seek mental health support when needed (e.g., therapy or counseling).
- Establish healthy relationships and boundaries.
- Manage stress and expectations in career and family life.







# Tips for Optimal Mental Health Across the Lifespan

## Midlife (Ages 41–60)

- Acknowledge and address hormonal changes (e.g., menopause).
- Stay physically active to support mental well-being.
- Maintain social connections to prevent isolation.
- Manage stress from caregiving for children, aging parents, or others.

## Older Adulthood (Ages 60+)

- Stay mentally engaged by learning a new hobby, volunteering, etc.
- Address grief and transitions with emotional support.
- Focus on healthy aging via good nutrition, exercise, and mindfulness.
- Seek professional help for depression, anxiety, or memory concerns.

**Mental health is a lifelong journey. Seeking help and practicing self-care at every stage is essential for overall well-being.**





# A Look Back at 2023: Tips for Self-Care



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## Self-Care



**Rest**



**Connect with  
Sorors, Family &  
Friends**



**Eat Healthy**



**Engage in Physical  
Activities**



**Healthy  
Boundaries**



**Healthy Coping  
Skills**



**Give yourself Grace**



**Mindfulness,  
Meditation and  
Prayer**



**Social Media  
Breaks/Vacations**



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#BLACKHEALTHFACTS Explore This Topic ▾




## How Storytelling Gives Caregivers a Voice and Promotes Self-Care

Three full-time caregivers share how taking time to do something besides their caregiving duties has helped them get better care of themselves.

By [Sheryl Nance-Nash](#) | Published on February 21, 2025

Medically Reviewed by [Patrice A. Harris, MD, MA, FAPA](#)

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BLACK HEALTH

## Balanced Living for a Healthier Body and Mind

Before they can focus on others, it's essential for Black women to focus on their own physical and mental wellness.

By [Tamekia Reece](#) | Published on July 22, 2024

Medically Reviewed by [Patrice A. Harris, MD, MA, FAPA](#)

ON THIS PAGE

Mental Wellness | Fitness and Nutrition | Self-Care

Black women are exceptionally good at taking care of other people. They're mothers, caregivers, and nurturers for their families —

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SCHIZOPHRENIA Explore This Topic ▾ Share this article



## Actor Taye Diggs Talks About Another Role: Caregiver for His Sister With Schizophrenia

The Broadway, film, and TV actor shares the story of his sister's mental illness for the first time on World Schizophrenia Awareness Day.

By [Sheryl Nance-Nash](#) | Fact Checked | Published on May 24, 2024

Schizophrenia affects more than 1 percent of adults in America, according to the National Institute of Mental Health.





## 7 Top Caregiver Support Organizations for Alzheimer's and Dementia

These organizations offer caregiver-focused support groups, social opportunities, educational resources, and more.

By [Christina Voigt](#) and [Ingrid Straub](#)

Published on August 10, 2024

Medically Reviewed by [David Weisman, MD](#)

Providing care for a person with [Alzheimer's disease](#) or any other type of [cognitive impairment](#) can encompass a broad range of tasks and responsibilities. For family members who take on a caregiving role, figuring



## Caregiving for Dementia: 8 Key Steps for Care Planning

Care planning helps you figure out next steps when you or a family member is diagnosed with dementia.

By [Brian P. Dunleavy](#)

Published on November 21, 2022

Medically Reviewed by [Jason Paul Chua, MD, PhD](#)

If you or a loved one has been diagnosed with [Alzheimer's disease](#) or another form of [dementia](#), thinking about the future can be daunting, as there's a great deal of uncertainty.



## Top Resources That Offer Essential Support for Cancer Caregivers

These resources can help you prioritize your own health and well-being while still being there for your loved one every step of the way.

By [Kerry Weiss](#)

Published on December 10, 2024

Medically Reviewed by [Walter Tsang, MD](#)



## How Dr. Corey Yeager Is Helping Pro Athletes — and Everyone — Embrace Mental Wellness

The psychotherapist, who works with many young Black players in the NBA, NFL, and UFL, encourages people to put themselves first in his book *How Am I Doing?* so they can be their best in all parts of life.



### How Am I Doing?

Dr. Patrice Harris and Dr. Corey Yeager, a therapist who works with athletes, discuss the importance of mental wellness...[see more](#)



#### Self-Care

By [Maura Corrigan](#)

Fact Checked

Published on February 5, 2024

Growing up in a small farming community in Kansas, Corey Yeager was very close to his father. But when he was just 15, his father died, leaving Yeager

## What Is Self-Care, and Why Is It So Important for Your Health?

By [Maura Lawler](#)

Updated on July 25, 2024

Medically Reviewed by [Kelsey M. Latimer, PhD, RN](#)

### ON THIS PAGE

[What It Is](#) | [Types](#) | [What Doesn't Count](#) | [Self-Care and Daily Routine](#) | [Health Benefits](#) | [How to Start](#) | [Takeaway](#)

Self-care is all about looking after yourself. It means taking the time to tend to your physical, spiritual, mental, and emotional well-being. Practicing self-care is really important in itself, and it will enable you to help and care for others, work well, and do all the things you need to and want to accomplish in a day; in other words, be the best version of yourself.

[Paula Gill Lopez, PhD](#), an associate professor in the department of psychological and educational consultation at Fairfield University in Fairfield, Connecticut, says the need for self-care is obvious. "We have an epidemic of anxiety and depression," she says. "Everybody feels it."

Self-care is part of the answer to how we can all better cope with daily stressors, explains [Kelsey Patel](#), a Los Angeles-based wellness expert. It's work stress, the stress of trying to keep up with the pace of daily life, which technology has hastened more than ever. "People are feeling lonelier and less able to unwind and slow down, which makes them feel more anxious and overwhelmed by even the simplest tasks," Patel says.

Read on to learn more about self-care, including why it's important, what it



“

With our focus on mental health under our **Empower Our Families** initiative, our goal is to impact communities by increasing awareness and decreasing the stigma through education and a commitment to self-care.

We celebrate our partnership with **Everyday Health** to help us achieve these goals.

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Danette Anthony Reed  
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