

Balancing Whole Family Care

Managing Stress and Preventing Burnout While Caring for Your Kids and Parents

Taking care of your kids and parents at the same time can be demanding, but making small daily adjustments can make a big difference in your mental well-being.

Signs to Watch For

- Feeling overwhelmed or constantly stressed
- Difficulty sleeping or changes in appetite
- Loss of interest in activities you once enjoyed
- Persistent sadness or mood swings
- Trouble concentrating or making decisions

When to Seek Professional Help

If caring for your family is affecting your health, contact your primary care doctor or health plan. Virtual care options may also be available. Our Care Team can help you understand your plan and options for support.

If you have any questions or need any support, contact our Customer Care Team by calling the number on the back of your Member ID card.

How Can I Support Myself?

Balancing care for your children and aging parents can be mentally and physically demanding. Here are some simple and effective steps to support your well-being:

→ **Take care of your body and get moving.** Even small amounts of exercise add up.

→ **Eat healthy, regular meals, and stay hydrated.** This can improve your energy and focus.

→ **Make rest and breaks a priority.**

→ **Explore financial resources.** If managing caregiving costs feels overwhelming, consult a financial planner or bookkeeper for assistance.

→ **Stay organized.** Use planners or apps to manage your tasks. Breaking down responsibilities into smaller steps can reduce feelings of overwhelm.

→ **Consider Professional Support.** A professional caregiver could give you more time for your other responsibilities, while your loved ones still get excellent care.

→ **Stay connected.** Connect with your family or other members of your community for guidance and support.

If you or someone you know is in immediate distress or thinking of hurting themselves, call 911 or go to the nearest hospital. These guidelines are provided by Mental Health America (MHA) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Visit accessrga.com to log in to your member account or contact us by calling the Customer Care number on the back of your Member ID card.

Content sourced from MHA <https://mhanational.org/resources/caregiving-and-the-sandwich-generation/>