

Practical Self-Care Tools for Caregivers

To better support caregivers, we've organized a list of tools and resources for caregivers to strengthen their emotional wellness, improve time management, build connection, foster education, and support lasting behavior change.

Mental & Emotional Wellness

- Employer-sponsored access to mindfulness or meditation apps
- Mood tracking journals to build emotional awareness
- Daily gratitude prompts to help shift focus to the positive
- Online therapy platforms for flexible mental health support

Time & Energy Management

- Time-blocking templates to help structure the day realistically
- Pomodoro timers (25 minutes of focus, 5-minute breaks) to manage energy
- Respite care directories and volunteer-based support programs
- Task priority grids (urgent vs. important) to clarify where to focus
- Family First shared calendar for scheduling and coordination
- Tools and tips to delegate tasks within a caregiver's support network

Connection & Support

- Virtual caregiver support groups for community and shared understanding
- Peer mentorship programs pairing experienced and new caregivers
- Local caregiver alliances or coalitions for in-person connection
- Curated social media groups to foster ongoing engagement

Education & Empowerment

- Family First Care Library with expert resources and how-tos
- Self-care checklists for daily or weekly use
- Caregiver Bill of Rights to validate and advocate for their needs

Behavior Change Support

- Habit trackers to build healthy, sustainable routines
- Self-care contracts to reinforce personal commitments
- Micro-goal planners to break down goals into manageable steps