

# Navigating Your Mental Health as a Family Caregiver



## Prioritizing Your Mental Health Matters.

Caring for others often means putting your own needs aside — but family caregivers may face unique emotional and mental challenges. The demands of caregiving, combined with the responsibilities of managing your own life, children, and family, may take a toll on mental health.



paid collaborator

“Reclaiming my time isn’t selfish. It’s giving me what I need to show up best for [my mom]”

Jessica, caregiver for mom

### Did you know?

ONLY  
23%

of family caregivers report “good” mental health

47%

of family caregivers have experienced increased anxiety, depression, or other mental health issues in the past year

40%

of family caregivers say caregiving negatively impacts their stress levels

Source: Guardian Life, Caregiving in America study, 2023



Caregivers are nearly twice as likely to experience depression compared to the general population.

Source: Family Caregiver Alliance, Caregiver Health

## Resources



Still Here Series

Episodic videos sharing real caregiver stories.



Instagram Feed

Focused content supporting caregiver mental health.



Educational Tools

Guides and resources for caregivers navigating care challenges.

## Supporting Caregivers

### Caregiver Action Network

Leading nonprofit improving caregivers’ quality of life through education, peer support, and resources.

### National Alliance for Caregiving

Coalition advancing caregiver health, wealth, and equity through research and advocacy.

### Alliance for Aging Research

Offers blogs, videos, and factsheets supporting those caring for aging loved ones.

### Mental Health America

Promotes mental well-being and advocates for prevention, early intervention, and care access.

### NAMI

Provides education, advocacy, and support to improve the lives of individuals and families affected by mental illness.

The patient organizations shown are independent groups that receive financial and in-kind support from Otsuka as part of our commitment to patient and community health.

Discover our commitment



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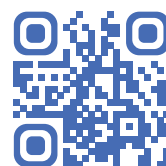




# Prioritize Your Mental Health as a Family Caregiver

As family caregivers, you give so much of yourself every day. At Otsuka, we're committed to lead a change in how caregivers are recognized, supported, and cared for. We stand with caregivers—supporting their mental health as they care for the health of others.

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## Ideas for nurturing your mental health



### Physical

Consider adding short stretch breaks or a walk into your routine to re-energize your body and clear your mind.



### Spiritual

Remind yourself of elements you're grateful for—for example: "I am enough, and I am grateful for how far I've come."



### Emotional

Two emotions can exist at once—like feeling grateful yet overwhelmed—so take a moment to identify and be aware of your emotions.



### Environmental

Design your space to reflect your interests—for example, surround yourself with plants, calming scents, or artwork that makes you feel at peace.



### Intellectual

Create boundaries by simply saying, "I'll need to get back to you on that," when you need time to think before committing.



### Financial

Start a simple budget tracker by listing your monthly income and top three spending categories to see where your money goes first.



In addition to these suggested general health reminders, as a caregiver, it's important to connect with your Healthcare Provider if you're experiencing any mental health challenges.

*These ideas have been informed and inspired by family caregivers and patient advocacy organizations.*

## At Otsuka, we remain committed to health for every mind.

Otsuka knows that within the mind of every caregiver, there is an immeasurable love and an unimaginable strength. To bring to light their unwavering dedication, Otsuka is committed to valuing the minds of caregivers everywhere—offering the tools they need for the health of others and themselves.



# Prioritize Your Mental Health as a Family Caregiver

## Ideas for nurturing your mental health



### Physical

Caring for others often means putting your own needs last, but even small movements can help you reset. A short walk around the block or gentle stretching can relieve tension and may help improve your focus for the day ahead.

### ACTIVITY: DAILY MOVEMENT LOG

Each day, jot down one small way you moved your body:

Today I moved by:	<i>Dancing in my kitchen while mom slept</i>	Afterward, I felt:	<i>Energized and motivated</i>
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Today I moved by:		Afterward, I felt:	
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Today I moved by:		Afterward, I felt:	
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Today I moved by:		Afterward, I felt:	
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Today I moved by:		Afterward, I felt:	
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## Emotional

It's okay to have more than one feeling at a time — you might feel deep love and deep exhaustion in the same breath. Acknowledging both is an act of self-kindness and emotional honesty.

### ACTIVITY: EMOTIONAL CHECK-IN

Each evening, write down two emotions you felt today (e.g., “*Grateful and Drained*”). Then add one gentle reminder to yourself like, “*Both are valid, and both belong.*”

Emotion 1:

Emotion 2:

Reminder:

Emotion 1:

Emotion 2:

Reminder:

Emotion 1:

Emotion 2:

Reminder:

Emotion 1:

Emotion 2:

Reminder:



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## Intellectual

Boundaries can feel hard when you're caring for someone you love, but they're essential to help prioritize your day. You might start by saying, "I need a few minutes to finish this, then I can help." Small boundaries protect your ability to provide optimal caregiving and support.

### ACTIVITY: BOUNDARY REFLECTION JOURNAL

Think of one small limit you set (or wanted to set) this week. Write down how it felt and how it helped (or could help) you or your loved one in the long run.

Week 1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Week 4 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## Spiritual

Caregiving can stretch you in ways that feel both exhausting and profound. Gratitude grounds you in the present moment. Remind yourself daily: "I have purpose, I am doing my best, and I am grateful for this moment."

### ACTIVITY: GRATITUDE PRACTICE

*Each evening, list three things you're thankful for. Add one "self-gratitude" (something you appreciate about yourself).*

Today, I am grateful for:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

Today, I am grateful for:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

Today, I am grateful for:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

Today, I am grateful for:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_



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# Prioritize Your Mental Health as a Family Caregiver



## Environmental

Your environment influences your energy and calm. Even small touches — a favorite candle, music, fresh air, or a tidy corner — can bring moments of peace amid a busy caregiving day.

### FIVE-MINUTE SPACE RESET

*Pick one small area to refresh each week: open a window, add a plant, or tidy a bedside table. Notice how your space feels afterward.*

Goal:

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How it made you feel:

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Goal:

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How it made you feel:

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Goal:

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How it made you feel:

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Goal:

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How it made you feel:

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# Prioritize Your Mental Health as a Family Caregiver



## Financial

Caregiving often comes with unexpected costs. A simple budget tracker can help you stay organized and help manage stress by giving you a clearer picture of what's coming in and going out.

### BUDGET REFLECTION

*At the end of the week, note one expense that made a positive impact while caregiving (like a meal delivery, morning coffee ritual, therapy, etc.) and one small step you could take to budget for it again.*

Expense: \_\_\_\_\_

My plan to budget for this is:

---

---

Expense: \_\_\_\_\_

My plan to budget for this is:

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Expense: \_\_\_\_\_

My plan to budget for this is:

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