Ask for a hand with pressing tasks if you're overextended. Get emotional support. Sharing your frustrations or venting can release tension and help you move on. Consider professional help if you need it.

Caregivers should take care of themselves mentally and physically. 
- Eat healthy meals, exercise regularly, and get enough sleep.
- Find ways to relax and take breaks. Five-minute breaks reduce stress.
- Find support from people who understand. You can join a support group or talk with friends and family who are also caregivers.

Get Support
Basic help can make a big difference.
- Ask for a hand with pressing tasks if you're overextended.
- Get emotional support. Sharing your frustrations or venting can release tension and help you move on.
- Consider professional help if you need it.

Youth Wellness
Children of all ages want to know: Am I safe? Are my caregivers safe? How will this affect my daily life?
- Talk with kids about COVID-19, violence and other traumatic events; listen for fears and address concerns.
- If you notice a change in behavior (excessive worry or sadness, unhealthy eating or sleeping, or trouble concentrating) contact a pediatrician or mental health specialist for assistance.

Community Wellness
Recent events have deeply impacted the wellbeing of Philadelphia communities.
- You are not alone!
- The community becomes the safety net in tough times. Check on neighbors, family, and friends who may need support.
- For support to help cope with community trauma, email NetworkOfNeighbors@phila.gov.

For more tips and resources for individuals, children, young adults, families, and communities, visit DBHIDS.ORG/BOOST

Sources: CDC, HealthyChildren.org, and MHANational.org