

Building Resilience for Kinship Caregivers – Supplemental Resource Links

Name: Self-care for the Caregiver

Link: <https://www.health.harvard.edu/blog/self-care-for-the-caregiver-2018101715003>

Caregiving can be physically and emotionally draining and can lead to caregiver burnout. Taking care of yourself, or self-care, during times of stress is important to the health of the caregiver. In this resource, the author offers caregivers five ways to take care of yourself.