

73%

of employees are impacted by caregiving responsibilities, whether for children, family members, or loved ones.

➤➤➤ *Caring for Yourself While Caring for Others*

If you're balancing the demands of your career and caregiving—whether for a child, aging parent, partner, or someone else you love—you're not alone. Caregiving can be deeply meaningful, but it's also emotionally and physically demanding, especially when you're trying to manage everything else in your life. It's easy to feel like you have to do it all, but the truth is:

your wellbeing matters, too.

➤➤➤ *Why Your Wellbeing Matters*

- You can't pour from an empty cup. Taking care of your mental health helps you show up fully at work and for those who rely on you.
- Chronic stress from caregiving can increase your risk of anxiety, burnout, and even physical health issues.
- Small changes can make a big difference—starting with taking a moment for yourself.

➤➤➤ *Taking the Stress Out of Parenting*

Tips from [Joanna Loewi, The Present Mama](#)

- **Pause for a Mental Check-In:** Set reminders throughout the day to step away and ask: "How am I doing? What do I need right now?"
- **Create Micro-Moments of Stillness:** Sit in your car for 5 extra minutes. Linger in the bathroom just a bit longer. Step away from your desk or device
- **Try a Breathing Reset:** Hand over heart → Breathe in for 5, hold for 5, release for 5
- **Validate Your Emotions:** Give yourself grace. Try saying: "It makes sense that I'm overwhelmed — this is hard, and I'm doing my best."
- **Quiet Your Inner Critic:** Replace self-judgment with self-compassion. You deserve your own kindness.
- **Slow Down to Regain Peace:** When chaos hits, resist the urge to speed up. Pause. Breathe. Reset.



Caregiver Mental Health Tips



Take Short, Restorative Breaks

Schedule your own rest like it's a meeting (because it is). Even just 5 minutes to stretch, breathe, or step outside can reset your nervous system.



Set Boundaries with Compassion

Say "yes" and "no" intentionally. It's okay to protect your time and energy.



Build Micro Self-Care Into Your Day

You don't need an hour. Even 10 minutes of reading, meditating, or movement counts.



Use Tools to Stay Organized

Digital reminders, shared calendars, and support apps can help lighten the load.



Connect with Others

Don't go it alone. Sharing your experience with other caregivers can reduce isolation and stress.



Let Go of Guilt

Give Yourself grace. Self-care isn't selfish, it's essential.

On-Demand Support for Caregivers & Parents

Take what you need, when you need it. These expert-led sessions are available 24/7 in our [on-demand library](#) to support your mental health as a caregiver—because support should meet you where you are. Click on each below to take you right there!



Setting Healthy Boundaries



Parenting Panel on Navigating Turbulent Times



Empowering Parents: Nurturing Resilience in Anxious Times



Self-care Isn't Selfish: An Expert Panel for Working Parents and Caregivers



Caring for Yourself While Caring for Others



Navigating Back-to-School Stress

Plus, you can access a variety of breathwork, mindfulness, fitness, nutrition and financial wellness sessions to support your holistic mental wellness. [Explore now](#)

HealthKick's diverse partner network is here to help parents and caregivers maintain a healthy and happy work/life balance while supporting their family's unique needs.

A Brand Network for Parents and Caregivers

SimpliFed

Lactation/Feeding support



Pre/post natal nutrition

bümo

Childcare Support

OOVA

Fertility Tracking

Wonderfully Made
NUTRITION

Functional nutrition

A New Day
Pediatric Psychology, PLLC

Parenting support and coaching

bambino
Find. Book. Pay. Babysitting made easy.®

On-demand Babysitting

HELLO FRESH

Healthy meal-kit delivery

Origin.

Pelvic Floor Physical Therapy



Healthy Grocery Delivery

tava.

Online Mental Healthcare

blueberry

Pediatric Telehealth

JOHN MARK SHAW

Life Coach

joanna loewi
THE PRESENT MAMA

Parent Coaching and Therapy

MOMMY GROOVE

Parenting coach

AURA

Mental Wellness App

Becca Clegg

Health and Life coach

InsightTimer 

Meditation and Mindfulness

STRETCHIT

On-demand Stretching



Virtual Breathwork Sessions

betterhelp

Virtual Therapy

Need Someone to Talk To?

HealthKick's network of certified coaches and practitioners can support you with 1:1 support tailored to your needs — stress management, burnout recovery, parenting and more. [Click here to explore!](#)

Remember: You Deserve Care, Too

You are doing meaningful, important work—and it's okay to ask for help. Taking care of yourself is not a luxury. It's a necessity. Explore what your company offers. Talk to your HR team. Lean on the tools available to you—because your mental health matters.

Don't have a HealthKick account? [Click here](#) to activate for free today!