



Back to
School



Teleroo
WORLD

kids™
uncomplicated

COPING WITH CHANGE AS A CAREGIVER

1

Keep a daily and/or weekly routine to build a sense of predictability and reduce anxiety. Focus on simple things that are unlikely to change, such as baths before bedtime, playing in the yard before supper, or talking about your “highs” and “lows” of each week on Fridays.

2

Talk about your family values and write/draw them out in a visible place. Return to the values list together when an unexpected change occurs, and you are figuring out how to respond.

3

Make a list of things you can control and things you can't control about the current situation. Choose a small, manageable goal based on the can list to work on, such as giving a compliment to each family member once daily.

4

Build your repertoire of accessible self-care practices, such as quick mindfulness exercises, at-home yoga, or a weekly phone call check-in with a friend.

5

Monitor and intervene in your own mental health. Start with this resource on coping with uncertainty [HERE](#) and other resources available through Anxiety Canada.

