



Appreciating MS Caregivers

by NEWLIFEOUTLOOK TEAM

Looking After Someone with MS

Caring for someone with an unpredictable condition like multiple sclerosis isn't easy. Although it can strengthen your bond with your loved one and be very rewarding, it can also be exhausting, both physically and emotionally.

In addition to the tips listed below for avoiding burnout, remember that your feelings and mental health are just as important as the person you are caring for.

Consider talking to someone about your emotional struggles as an MS caregiver, whether that person is a therapist, a fellow caregiver or someone from a support organization. Suppressing feelings of loss, frustration, inadequacy, anger or guilt will take a toll on your health and your ability to provide good care.

And above all, remember that your best is all you can do. Your loved one appreciates how much you do to help them cope with MS, probably more than you know.

Read our MS caregivers infographic below to learn more about caregiving and avoiding burnout.



True Dedication

A caregiver may help their loved one with **washing**, **dressing**, **eating** and other daily activities, as well as **taking medications**, **getting to doctors' appointments**, and so much more.



Six tips to AVOID BURNOUT



Stay HEALTHY

It's easy to spend so much time tending to others that you forget to take care of your own health. That's why it's important to make time for yourself, too—eat well, exercise, and get enough sleep.



Put aside your INTERESTS

Get involved in your hobbies and interests again. Doing things you enjoy can help you feel more positive about your mental health and well-being. Make time to do the things you enjoy.



Take time to DE-STRESS

Consider taking a break from your stress-reducing activities, such as yoga, meditation, or deep breathing. Techniques like these can help you manage the stress of being a caregiver.



Take a BREAK

Being a caregiver, although a labor of love, can be physically, emotionally, and physically draining. Make sure to take time out from being a caregiver every now and then to rest and recharge.



Connect with other CAREGIVERS

Join a support group or an online community. These groups can help you to feel less alone, share your struggles, and provide a sense of community.



Seek and ACCEPT HELP

There are options available to you if you need help. You can hire a part-time caregiver or respite care, or consider asking for help to share your load and make your caregiving more manageable.

