



Chronic Pain - Caregiver Tips

The caregivers of people in chronic pain can often overlook their own physical, emotional, and mental health needs. 3 things to remember:



Manage Stress

Making adequate time for **self-care** is crucial for the chronic pain caregiver. The healthiest you is good for those you are caring for too!



Communicate Openly

Speak honestly with a loved one or a **mental health** professional. Open communication is key for those in chronic pain AND their caregivers.



Seek Community

Find a **support group** of other chronic pain caregivers who you can trust and share openly with about chronic pain caregiving.