

Self-Care for Caregivers & Helpers (sidebar or mini-hub)

Why include it

Front-line supporters—parents, clergy, clinicians—face **secondary traumatic stress** that can lead to burnout and reduced empathy. [Healthcare Toolbox](#)

Quick tips box

1. **Micro-break rule:** 5 deep breaths + neck roll every 90 minutes.
2. **3-Point Boundary:** decide what you can control, influence, or release.
3. **Peer Debrief:** schedule 15-minute weekly check-ins with another helper.
4. **Digital sunset:** 1-hour no-screen buffer before bed; reduce rumination.
5. **Professional tune-up:** quarterly therapist or supervisor session—even if you feel “fine.”

Downloadable

- **Self-Care Checklist PDF** (adapted from HealthcareToolbox.org). [Healthcare Toolbox](#)
- **Secondary Traumatic Stress Quiz** with scoring and resource links.

<https://www.healthcaretoolbox.org/selfcare-tips-prevent-secondary-stress>