Caregiver Stress Relief

How can I reduce stress?

Here are a few examples:

Box Breathing
(4 seconds each: inhale, hold, exhale, hold)

Try “Paired Muscle Relaxation”

Get Grounded in Your Body

Stay present with a “5-4-3-2-1” Exercise

One Minute Meditations

Try “Leaves on a Stream”

Play Your Favorite Music

Use music to calm or engage your senses.

Coping with Burnout

What is Burnout?

- Difficult emotions, along with busy schedules, can become overwhelming for foster parents.
- This can leave foster parents feeling like they lack the skills needed to support youth in their care.

Signs and Symptoms

Include (but not limited to) the following:

- Anxiety or intrusive thoughts about a child's trauma or one's own trauma
- Feeling short-tempered or having strong reactions to things that are usually easy for you to handle.
- Crying or self isolating from social supports

What steps can I take to manage burnout?

- Join a Parent Support Group
- Carve out Time for Self-Care
- Explore Respite Care Options
- Take Quick Daily Breaks, Like Walks or Stretching

For more information on burnout and other steps you can take to manage it, see this article from the Justice Resource Institute

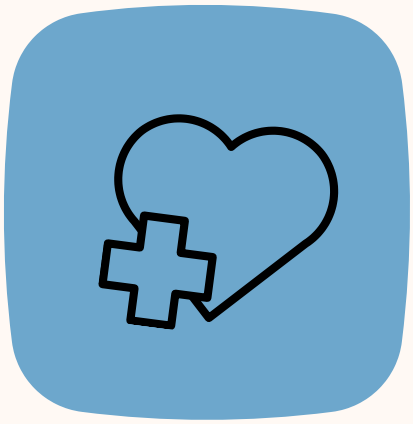
When It Feels Like Too Much

You Are Not Alone

- Even the most dedicated caregivers need moments of rest and connection to stay grounded.
- Everyone faces tough days—what matters is knowing where to find support..

Consider Respite Care

- Most licensed foster agencies in Florida offer up to 12 respite days per year to be used in emergencies, or when you need a break. They must be pre-approved.
- Use respite early—before burnout sets in—to stay balanced and effective.



Join a Support Group

- Connect with other caregivers who understand your challenges to share ideas and remind you that you're not alone.
- Find your local group by clicking HERE.

The Lab for Scalable Mental Health has published a Resource Toolkit with additional information about Crisis & Safety, Emotional Regulation, and Youth Conversation Guides. Click HERE to access the toolkit.