Where mental health is a right, not a privilege

MOORE CARE THERAPY

November 2026

National Family Caregivers Month

National Family Caregivers Month is a time to recognize and appreciate people who care for loved ones with illnesses, disabilities, or other health challenges. Being a caregiver can be emotionally and physically exhausting, and it can sometimes lead to stress, anxiety, depression, and burnout. Caregivers often put their loved ones' needs before their own, which can cause them to neglect their mental health.

A FEW IMPORTANT THINGS TO REMEMBER

- Caregivers need care, too.
- Taking care of your mental health is not selfish.
- No one should have to handle caregiving responsibilities alone.
- Even small acts of kindness can make a caregiver feel appreciated and supported.

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is here for you
Call 843-799-0083

Or visit us at our website
moorecaretherapy.com

Moore Care Therapy
Empowering Minds, Transforming Lives

CAREGIVER SELF-CARE: THE FIVE SENSES

Sight 👀

- Look at calming pictures or beautiful scenery.
- Spend time outdoors in nature.
- Watch something that makes you smile

Sound 👂

- Listen to relaxing music or nature sounds.
- Enjoy ocean waves.
- Listen to positive and encouraging words.

Smell 👃

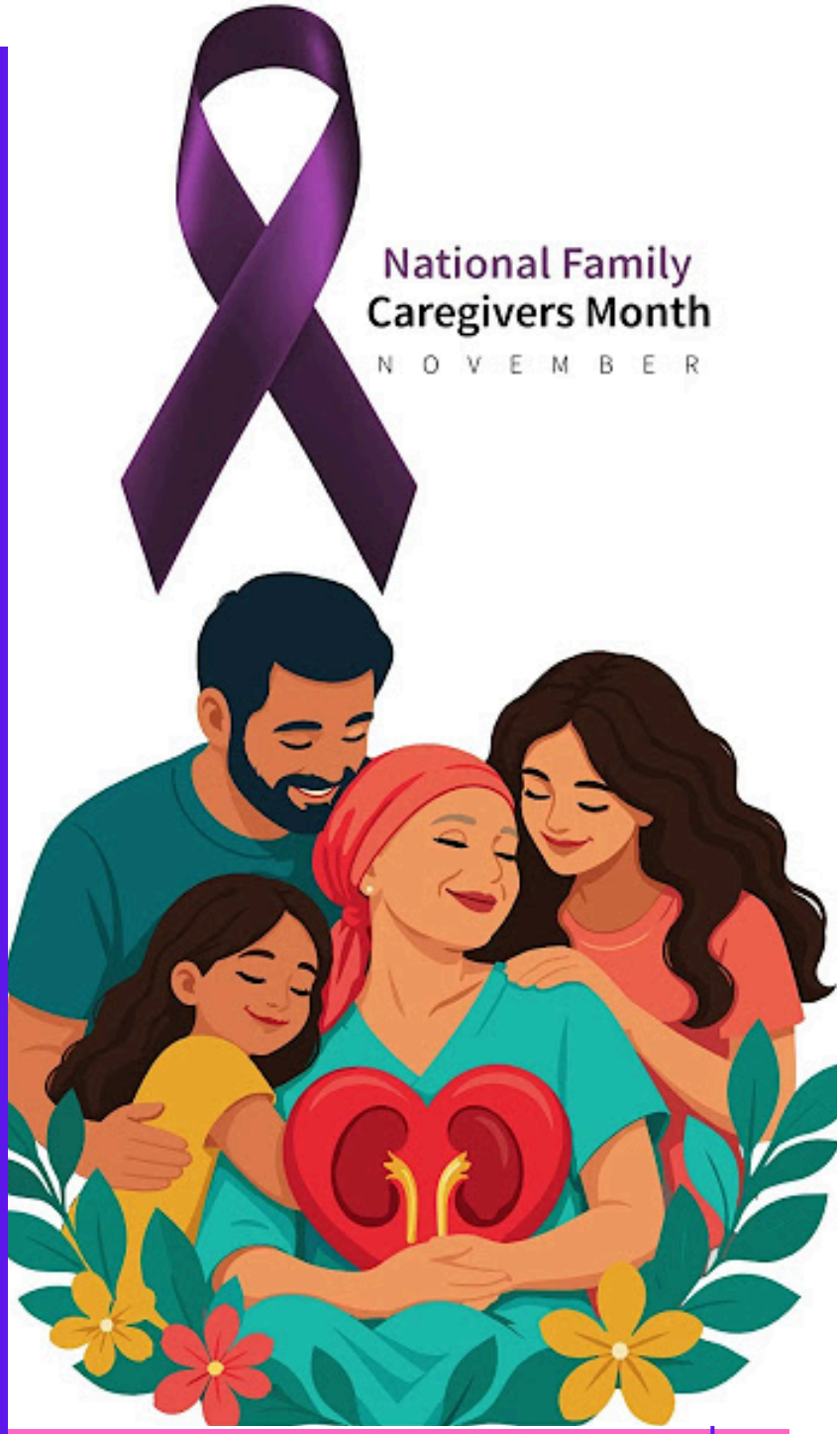
- Smell calming scents like lavender or vanilla.
- Light a scented candle safely.
- Enjoy the fresh air outside.

Touch ✋

- Wrap yourself in a soft, comfortable blanket.
- Give yourself a gentle hand or shoulder massage.
- Spend time with a loved one or pet.

Taste 👅

- Enjoy your favorite healthy snack.
- Drink a warm cup of tea.
- Take time to enjoy meals without rushing.



"Care for others with your heart, but never forget to care for yourself with the same love."