

A monthly wellness newsletter from Better You

Mental health matters for caregivers, too

May is Mental Health Awareness Month — a time to shine a light on the importance of mental health and well-being. As a caregiver, taking care of a loved one can be a rewarding, yet challenging experience. Studies show more than 60% of caregivers experience burnout symptoms,¹ including anxiety, depression, and stress. It's essential to prioritize your own mental health and seek support when needed.

The importance of self-care

Taking care of your mental health isn't selfish. It's essential to being an effective caregiver. When you prioritize your own well-being, you are better equipped to manage both the physical and emotional demands of caregiving.

Here are some simple tips to get you started:

- Try relaxation techniques such as deep breathing exercises.
- Move your body, like going for a short walk.
- Try to set good sleep patterns and eat a healthy diet.
- Connect with friends and family.



Why this matters for parents

Parents wear many hats, and being a caregiver is one of them. It's important to recognize that your role as a caregiver can impact your mental health and well-being. In fact, according to the U.S. Department of Health and Human Services, 48% of parents say most days their stress is completely overwhelming compared to 26% among other adults.²

When you prioritize your own well-being, you are better equipped to manage stress

and also create a positive and supportive environment for your child to thrive.

To learn more about how to balance parenting and your own mental health, [join us](#) for a live webinar, Mental Well-Being for Parents, on May 15, 2025 at 1:00 p.m. ET, facilitated by Leza Ogren, LICSW, and Katherin Wooten, LCSW, BCBA, CCM from [Lucet](#).

Parents and other caregivers can find additional tools on at FloridaBlue.com/Caregiver and the [Blue Answers](#) page.

Resources: ¹[Cleveland Clinic](#); ²[U.S. Department of Health and Human Services](#).

Nurturing a healthy pregnancy

Taking care of your health is important, especially when you're pregnant. A healthy pregnancy starts with taking care of yourself before you become pregnant and continues with good prenatal care during and after your pregnancy.

The importance of prenatal care

Prenatal care is the medical care you get while you're pregnant and is essential for both you and your baby. Regular check-ups with your health care provider allow you to:

- Ask questions and get personalized advice
- Catch potential issues early
- Reduce the risk of problems during pregnancy, childbirth, and after you've delivered

Resource: [CDC.gov](https://www.cdc.gov)

Preparing for a healthy pregnancy

It's also important to take care of yourself before you get pregnant. Eating healthy foods, exercising regularly, and managing stress can all help. If you have any health issues, like high blood pressure or diabetes, talk to your doctor about them. By taking care of yourself before pregnancy, you can have a healthier pregnancy and a healthier baby.

The Healthy Addition® Program: Your partner in pregnancy

As a Florida Blue member, the Healthy Addition® Prenatal Education Program is available at no additional cost. Healthy Addition® will help you through every stage of your pregnancy, including the first weeks after your



baby is born. The program offers a registered nurse for guidance, coaching on maintaining a healthy lifestyle, educational material on different topics, and information on how to get a breast pump.

To learn more about the Healthy Addition® Program, email: HealthyAddition@FloridaBlue.com or call 800-955-7635, Option 6. Watch this short [video](#) to learn more about your maternity benefits with Florida Blue.

Building a better toolbox: Resources for caregivers

Did you know there are 2.7 million family caregivers in Florida? At Florida Blue, we're committed to supporting these caregivers and making their journey a little easier. That's why we offer a range of resources to help caregivers support others and themselves.

- Learn more about self-care and strategies to avoid burnout. Watch our Caregiver Connections presentation, "Taking care of YOU," featuring Debbie Del Rosario, LCSW, Senior Director of

Behavioral Health Clinical Programs at Florida Blue, in the **Caring for You** section in our [Caregiver Connections YouTube Playlist](#).

- Join the [Caregivers Connection Facebook support group](#), an online community led by our Florida Blue Center [Community Specialists](#) to bring caregivers together, offer advice and support. Or visit one of our [Florida Blue Centers](#), where Community Specialists are available to

provide ongoing support, guidance, and encouragement either in person, by phone, or through virtual visits.

- Visit the [FloridaBlue.com/Caregiver](https://www.FloridaBlue.com/Caregiver) website for resources like articles, videos, webinars, a [Family Caregiver Guide](#), and more.

Please share this article with a caregiver in your life to help them connect with support and resources available to everyone in the community.

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