

Caregiver Mental Health & Wellness

Presented by Denice Rhodes
Founder of Caregivers' Safe Space



CAREGIVERS' SAFE SPACE



About Caregivers' Safe Space

Our Mission

Caregivers' Safe Space is dedicated to supporting the well-being, resilience, and empowerment of caregivers from all walks of life. We provide holistic resources, education, community support, and advocacy for individuals caring for loved ones with a wide range of needs—including chronic illness, aging, disability, and mental health conditions. Our mission is to ensure that every caregiver has access to the tools and community they need to thrive.

Why It Matters

Caregiving changes lives, but caregivers must be cared for too. Through support, wellness, compassion, and empowerment, Caregivers' Safe Space is building a community where caregivers are not only seen—but celebrated.

About Denice Rhodes

- Caregiver and mother
 - Mother to her autistic son and caregiver to her late husband and father
- Founder/CEO
 - Created Caregivers' Safe Space in October 2024
 - Nonprofit organization to support caregivers



Mental Health for Caregivers: What You'll Learn

- Recognizing the signs of burnout
- Understanding the power of talking to a professional
- The importance of setting boundaries
- How to create a mental health toolkit
- You're not alone: building a support network

Caregiver Mental Health: Key Stats

- 61% report high levels of stress; 40% show symptoms of depression (AARP)
- 1 in 5 say mental health worsened after becoming a caregiver (CDC)
- 70% rarely or never seek mental health support (Family Caregiver Alliance)

Recognizing the Signs of Burnout



- Emotional exhaustion, irritability, and trouble sleeping are warning signs.
- Burnout is not weakness, it's your body asking for help.
- Admitting you're overwhelmed is the first step toward healing.



The Power of Talking to a Professional

- Therapy and support groups reduce feelings of isolation.
- Affordable and free mental health resources are available.
- You deserve to be heard and supported.

The Importance of Setting Boundaries

- Learn to say “no” without guilt, protect your peace.
- Healthy boundaries reduce stress and strengthen relationships.
- Boundaries are an act of self-respect.

How to Create a Mental Health Toolkit



- Fill it with tools that work for you: affirmations, journaling, prayer, breathing exercises.
- Use it to reset quickly in high-stress moments.
- Keep your toolkit accessible—physical or digital.

You Are Not Alone: Building a Support Network

- Find your tribe - friends, other caregivers or community groups.
- Connection is part of wellness, not an optional extra.
- Lean on others just as they lean on you.

Wellness for Caregivers: What You'll Learn

- Movement is medicine – daily walking or stretching
- Nutrition fuels the mind and body – simple, healthy meals
- Rest is part of the plan – prioritizing quality sleep
- Mindfulness and grounding practices – deep breathing, walks
- Making wellness a routine, not a reward – self-care without guilt

Caregiver Wellness: Key Stats

- 53% say they don't have time to care for their own health (AARP)
- Only 29% engage in regular physical activity (CDC)
- 50% sleep less than six hours a night (NIH)
- 80% put others' needs before their own (Mental Health America)

Movement is Medicine



- Daily movement boosts mood and energy.
- Walking, stretching, or light exercise—every bit counts.
- You don't need a gym to stay active.



Nutrition Fuels the Mind and Body

- Simple nutritious meals keep your energy steady.
- Hydration is as important as good food.
- Balanced eating supports mental clarity.

Rest is Part of the Plan

- Better sleep = better caregiving
- Short breaks throughout the day are essential.
- Rest is productive - it recharges you.

Mindfulness and Grounding Practices

- Deep breathing, meditation, or grounding walks reset your nervous system.
- Mindfulness is a skill - practice makes it easier.
- Small moments of calm can shift your day.

Make Wellness a Routine Not a Reward



- Consistency over perfection—five minutes a day matters.
- Your wellness is not a luxury; it's a necessity.
- Small, steady habits lead to big changes.

Closing and Encouragement

- Caring for yourself is part of caring for others.
- You are worth of rest, joy and support.
- Start with one small change today.



CAREGIVERS' SAFE SPACE