



## Resources

### Self-Care Strategies & ER Visit Tips

[Is It Self-Care or Just Comfort? How to Tell the Difference](#)

[Crisis Symptom Reporting Guide for Caregivers](#)

[NMOSD Resources](#)

[MOGAD Resources](#)

### Resilience & Building Skills to Endure Hardships

[Building Your Resilience](#)

[Tell me about the anterior midcingulate cortex \(aMCC\)](#)

[The Tenacious Brain: How the Anterior Mid-Cingulate Contributes to Achieving Goals](#)

[4 Steps to Develop your Resiliency with Caregiver Resources](#)

[10 Tools for Resiliency](#)

[Create Your Caregiver Support Plan](#)

[Crisis Symptom Reporting Guide for Caregivers](#)

[How Resilient Are You? Quiz](#)

[Resilience: Build Skills to Endure Hardship](#)

[Resilience Tool Box](#)

## **Communication is Key on a Caregiving Journey**

[Statistics of Caregiving](#)

[Engaging Family Caregivers](#)

[Caregiver-Centered Competency Framework \(Canada\)](#)

[Caregiver-Centered Competency Framework \(detailed\)](#)

[Effective Communication Tips](#)

[Communication Essentials](#)

## **Caregiver Burnout & Tips on Managing Stress**

[Caregiver Burnout](#)

[4 Stages of Caregiver Burnout](#)

[Self-Compassion Strategies for Caregivers](#)

## **Coping with Caregiving Emotions: Guilt & Grief**

[Overcoming Caregiver Guilt](#)

[Caregiver Guilt is Normal](#)

## Caregiving While Dealing with Depression

[Managing Depression](#)

[Caregiver Depression as a Silent Health Crisis](#)