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### Managing Caregiver Stress During the Holiday Season

Caregivers can often experience additional stress over the holidays as they work to provide care to others. As a result, they sometimes put themselves last and ignore their own needs. To help caregivers manage the extra stress the holidays may bring, please consider the following resources.

- [Managing Family Stress During the Holidays](#) —MOADD ECHO
- [Six Tips for Managing Stress](#) —Daily Caring
- [Tips for Taking Care of Yourself](#) —Caregiver Stress
- [Caregiving During the Holidays](#) —Aging Care