

# Resilience for Caregivers

*putting one foot in  
front of the other*

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**what helps you  
feel human?**





# Hello!

I'M LENA SUAREZ-ANGELINO,

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burnout consultant for families, companies, schools and nonprofits.

host of *The Caregiver Reset* podcast





MEET

# Zachary

he is the reason why I do what I do.  
he is the reason I can hold grief and  
gratitude at the same time.  
he is the one who taught me simple joy.

**Jingle Bells 24/7, bubbles and being social**



# Agenda

- \* **Truth about Resilience**
- \* **Recognizing Burnout**
- \* **SOS Framework**
- \* **Strength in Community**
- \* **Seeking Help**
- \* **Conclusion**





# TRUTH ABOUT RESILIENCE

## resilience is not:

- \* never breaking down
- \* always being positive
- \* doing it all alone

## resilience is:

- \* getting back up
- \* staying present
- \* letting go



# Impact of Burnout

## **physical**

frequent headaches, muscle pain, fatigue

## **emotional**

feelings of hopelessness, depression, irritability

## **mental**

difficulty concentrating, memory loss, lack of motivation

# SOS: redefined



## SIMPLIFY

learn how to bring yourself back to basics



## OPTIMIZE

restructure your routines in a way that makes sense



## SUPPORT

learn how to ask for help and lean on people you can trust

STEP ONE

# Simplify

## Remember to zoom out

It can be so easy to get caught up in day-to-day stressors that we feel overwhelmed and stressed.

## Let go of the “extras”

Taking a look at everything you have on your “to-do” list and bringing yourself back to basics

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STEP TWO

# Optimize

Now that you have tried to simplify your tasks, you want to create routines that are sustainable and practical. This may look like tweaking habits and routines you already have or starting from scratch.

**identify one task that you find most challenging,  
how can you do it differently?**

STEP THREE

# Support

Asking for help can be hard for so many - **why?**

Building circles of support make it easier to find people that you can trust in a time of crisis or need.

These networks can be built among friends and family, treatment teams, and community organizations.

**who are the key people in your support network, and how do they help you manage caregiving responsibilities?**



# Seeking Help

RECOGNIZE WHEN YOU NEED IT

## emotional support

building connections with others who understand your experiences

## resource sharing

accessing valuable information and resources from community members

## feeling of belonging

reducing feelings of isolation by being a part of a community

## opportunities for advocacy

engaging in advocacy efforts can give a sense of purpose and create positive change

# Joining Your Community

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THE  
CAREGIVER  
*reset*

podcast



central jersey  
special needs community

*together, we're bringing back the village*

@lenasuarazangelino

facebook group

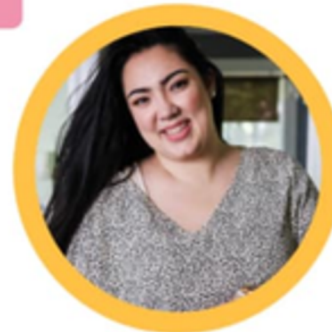


FAMILY  
SUCCESS CENTER  
GREENWAY

CAREGIVERS

SUPPORT

CIRCLE



monthly peer group

Remember,  
**to reset your life,  
it's your time to shine!**

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