

The "Co-Caregiver" Guide

Restoring Peace, Dignity, & Hope During Career Disruptions & Digital Anxiety

When someone you love is facing major career changes, job loss to technology, or overwhelming digital stress, supporting them at home can feel confusing, scary, and draining:

"My husband lost his job to new technology and now he won't leave his room..."

"My daughter is so anxious about social media and screens that she is constantly crying..."

As a spouse, parent, or adult child, you are a **"co-caregiver."** You are carrying your own worries about the future while trying to encourage a hurting person. This guide was created specifically for *you*—offering practical tools, encouraging truths, and peaceful boundaries for your home.

1 Truths to Hold Onto in This Season

As you walk beside your loved one through this transition, keep these three vital principles in mind:

1. Your Worry and Stress Are Completely Valid

REMEMBER

It is incredibly hard to watch your spouse or child feel lost, discouraged, or consumed by screen anxiety. Your love for them makes your worry completely natural.

"It makes complete sense that you are concerned for their spirit. Caring deeply for someone in stress is a heavy load."

2. You Cannot "Fix" Global Shift or Force Healing

REMEMBER

You cannot fix rapid technological changes or force your loved one to instantly feel better. Release the burden of trying to solve everything single-handedly.

"Your calling isn't to fix the economy or cure their anxiety overnight—your calling is simply to offer a loving, steady presence."

3. You Do Not Have to Carry This Alone

REMEMBER

Your church family is here to support *your whole household* with prayer, fellowship, and practical guidance as you navigate this transition together.

2 Practical Strategies You Can Use at Home

Use these simple, healthy steps to restore peace and dignity at home without triggering arguments:

1. Separate Worth from Work

When careers are disrupted by tech, people often feel obsolete. Avoid pressuring them about new jobs right away.

Try saying: "I know you are stressed about work, but you are a wonderful spouse and parent. Your presence here matters most, and no machine can ever replace that."

2. Offer Low-Pressure Invitations

When overwhelmed by digital noise or shame, people retreat. Don't lecture or demand that they come out.

Try saying: "I'm going to sit on the porch for ten minutes for fresh air. I'd love it if you came and sat with me." (If they decline, accept calmly).

PART 2: HOME STRATEGIES (CONTINUED)

3. Establish Screen-Free Family Zones

Turn the home into a sanctuary from screen anxiety and constant digital notifications. Make rules apply to the whole household so no single person feels targeted.

Example: Agree as a family to put all phones in a basket during dinner, or agree that screens go off at 9:00 PM to give everyone's mind rest and physical connection.

4. Focus on Small, Daily Routines

When life feels upside down, people lose their daily rhythm, which worsens anxiety. Small, tangible physical actions help anchor them back into reality.

Example: Do simple, grounded things together daily—like cooking a meal, watering house plants, or taking a short 10-minute walk after dinner.

5. Practice Care for Yourself

You cannot pour from an empty cup. Family members frequently neglect their own sleep, nutrition, and friendships while focusing entirely on their hurting loved one.

Remember: Eat well, prioritize rest, and maintain your own supportive friendships. Taking care of your own well-being is essential for long-term support.

3 Traps to Avoid at Home (The "Don'ts")

Avoid these common traps that can unintentionally heighten household tension:

✖ Don't Tie Worth to Output

Avoid asking "What did you get done today?" or "Applied for jobs yet?" right when you see them. This increases shame.

✖ Don't Shame Anxiety

Never say "You're worrying over nothing" or "Just snap out of it." Their fears about technology and the future feel very real.

✖ Don't Ignore Withdrawal

Do not pretend everything is fine if a loved one stops eating, bathing, or leaving their room. Healthy boundaries are a form of love.

Need Pastoral Support or Prayer?

You and your family do not have to carry this stress alone. We are here to walk with you.

Pastoral Care Office
Contact Church Leadership