

Community Care Starts With You:

A Guide to Navigating Life's Challenges



jssa
CARE TODAY.
STRENGTH TOMORROW.

You Are Never Alone.

At JSSA, we believe everyone deserves care, support, and the opportunity to thrive.

For more than 130 years, we have been a critical resource to our neighbors across the National Capital Region during times of challenge, transition, and healing.

This toolkit is designed to help you care for yourself, support your family, and look out for your neighbors. Inside, you'll find practical tips and community-based services to help you navigate life's challenges—**and to remind you that you are never alone.**

Caring for Yourself

When life feels overwhelming, it can be hard to know where to start. Begin by recognizing that taking care of yourself is not selfish—it's essential.

Caring for Yourself Begins Here



Notice the warning signs of burnout, anxiety, or depression:

- Feeling constantly tired or overwhelmed
- Irritability or sudden mood swings
- Difficulty focusing or sleeping



Small steps matter.

Even 10 minutes of rest, deep breathing, or gentle movement each day can help restore balance.

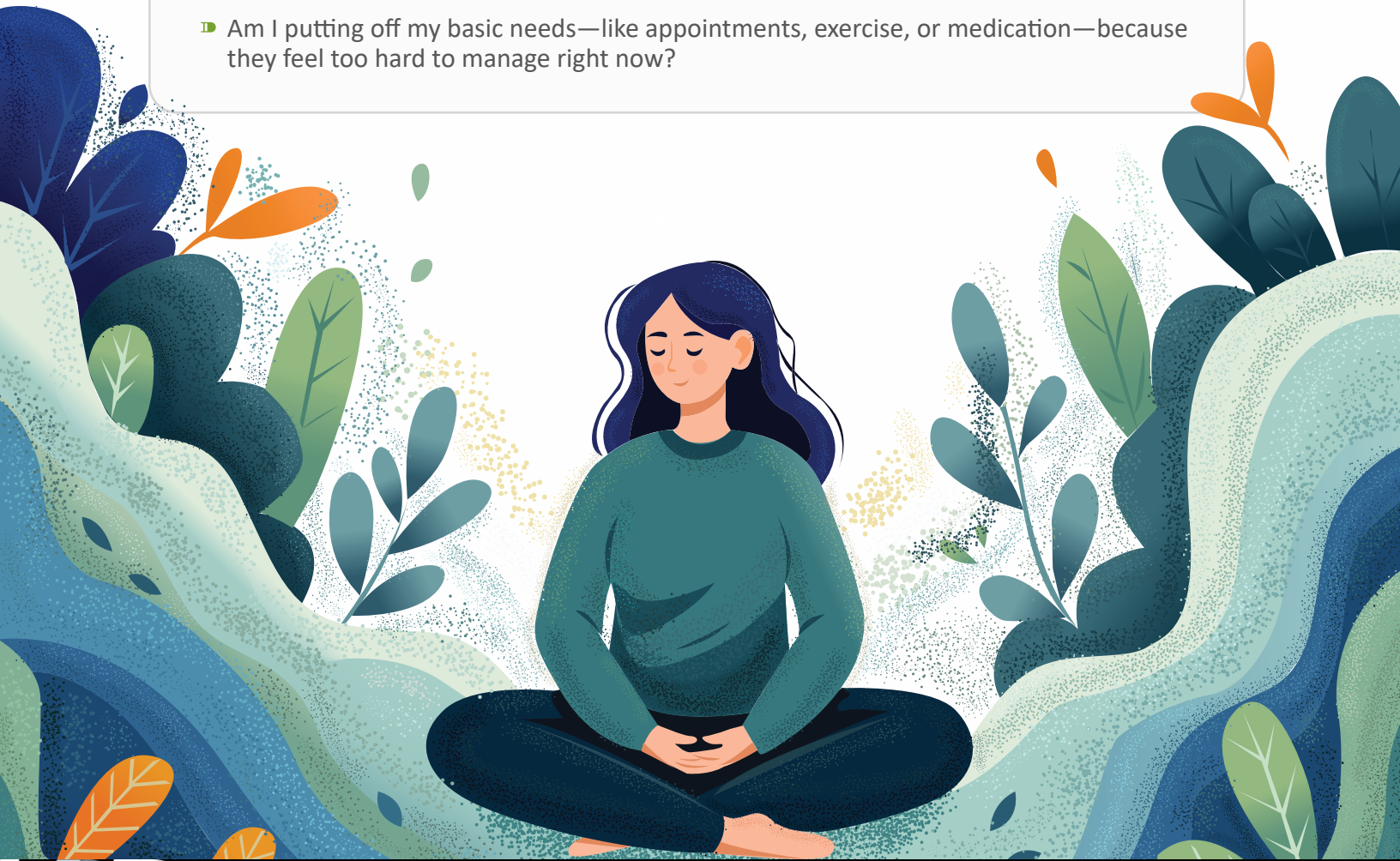


Don't wait for a crisis.

Reaching out early for support can make a real difference.

Helpful Questions to Ask:

- ▮ Do I have someone to talk to about how I'm feeling?
- ▮ Do I feel cut off from regular support, care, or connection?
- ▮ Am I putting off my basic needs—like appointments, exercise, or medication—because they feel too hard to manage right now?



Supporting Your Family

When one family member struggles, the whole household can feel it. Whether you're caring for a child, spouse, or aging parent, you don't have to figure it all out on your own.

How to Support Your Family



Maintain familiar routines when possible—especially for children and older adults.



Ask open-ended questions, like “How are you feeling today?” to encourage honest conversation.



Stay alert for warning signs:

- Changes in appetite or sleep
- Difficulty focusing at school or work
- Withdrawing from favorite activities or friends

When to Reach Out for Help:

- ▮ If a child is withdrawn, overwhelmed, or having trouble in school.
- ▮ If a loved one needs help with meals, medical appointments, or home safety.
- ▮ If you're feeling isolated or stretched too thin as a caregiver.



Helping Your Neighbors

Everyone needs help sometimes. But not everyone knows where to turn. Whether it's a friend, colleague, or neighbor, you can be the connection that makes a difference.



Recognize When Someone May Need Help

- Missing work, school, or appointments
- Expressing hopelessness or saying they “just don’t feel like themselves”
- Worrying about skipped meals, unpaid bills, or loss of services and benefits

Ways to Show Up for Others and Resource Tips:

- ▮ Check in on neighbors, especially those who are aging or live alone.
- ▮ Offer practical help—a ride, a meal, or just time together.
- ▮ Carry a printed JSSA Community Care Card to share when needed.



Print and cut these cards out. Give them to someone who is in need of help.

Community Care Card

Do you or someone you love need help?

Call JSSA's J-CARING Line:
703-J-CARING (703-522-7464)

We'll connect you to trusted
care & community resources.



jssa.org | info@jssa.org | 703-522-7464

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Thank You for Showing Up

Every time you care for yourself, support your family, or reach out to a neighbor, you strengthen our entire community.

At JSSA, we believe that no one should have to face life's challenges alone. Whether you're navigating a tough moment or looking for ways to help others, we're here for you—with resources, guidance, and a compassionate team who cares.

Together, we can build a more connected, resilient, and caring community.



Did You Know?

Community needs are changing—and JSSA is rising to meet them. As government programs shift, many neighbors will be left not knowing where to turn. That's where JSSA steps in. Thanks, in part, to the generosity of donors, JSSA is—and will continue to be—a vital lifeline in our community.

Visit jssa.org to learn more.

