

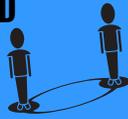
# 9 WAYS TO REDUCE STRESS FOR CAREGIVERS



Healthy habits, strong connections and resources are important for the well-being of caregivers.

by Yvonne M. Feltman

## STAY CONNECTED TO OTHERS



Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.

## SEEK AND ACCEPT HELP



Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.

## GET EDUCATED



It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging and Disability Resources Centers, Aging Info and Referral services, and other programs are trusted community links to information and services for older adults and their caregivers.

## FIND RESPITE SOLUTIONS

Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends or neighbors may also be available to act as a respite provider.



## PRACTICE SELF-CARE



Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is a must for caregivers!

## EXERCISE REGULARLY



A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm & stress.

## STAY HEALTHY

Reactions to stress can include lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.



## KEEP A POSITIVE PERSPECTIVE

Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.



## MEDITATION & BREATHING PRACTICES



There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.

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