

The Stress of Caregiving

IDENTIFY YOUR SYMPTOMS

- ◆ no energy reserves
- ◆ difficulty sleeping
- ◆ changing/irregular sleep patterns
- ◆ easily irritated, angered, over-reacting
- ◆ poor concentration
- ◆ short-term memory problems
- ◆ repeating actions or chores
- ◆ being neglectful
- ◆ changes in eating habits
- ◆ loss of interest in activities once enjoyed
- ◆ frequent physical problems
- ◆ increased alcohol/drug abuse
- ◆ increased cigarette smoking

TIPS FOR DEALING WITH STRESS

- ◆ accept your own limits
- ◆ create a caregiver support group
- ◆ get organized
- ◆ schedule time for yourself
- ◆ make your own health your first priority
- ◆ eat a balanced diet
- ◆ get plenty of rest
- ◆ exercise regularly
- ◆ relax and do something fun
- ◆ take a break
- ◆ see your doctor about health issues
- ◆ use community resources
- ◆ ask for and accept help
- ◆ maintain your social ties

WARNING SIGNS

- ◆ health problems
- ◆ irritability
- ◆ lack of concentration
- ◆ sleeplessness
- ◆ social withdrawal
- ◆ anger
- ◆ anxiety
- ◆ denial
- ◆ depression
- ◆ exhaustion