

Taking Care of the Caregiver

What Does a Caregiver Do?

Caregivers provide critical **physical, emotional, and logistical support** for whom they are caring. Caregivers may manage medical appointments and medications, coordinate logistics surrounding care, navigate financial and legal matters, and handle daily tasks. They also can provide social and emotional support.

Prioritizing self-care is **essential** to managing this high-stress role.

RECOGNIZING CAREGIVER STRESS

Caregiver Stress is the emotional, mental, and physical exhaustion caregivers may experience due to the demands of caring for a loved one.

SIGNS OF CAREGIVER STRESS

- Emotional exhaustion
- Irritability
- Feeling overwhelmed
- Feeling isolated

TIPS FOR COPING WITH CAREGIVER STRESS

- **USE MINDFULNESS TECHNIQUES** - Using simple breathing exercises and meditation techniques can help you stay in the present moment.
- **TALK WITH OTHERS** - Talking with loved ones or a professional can help give you the space express your emotions.
- **SEEK SUPPORT** - Joining a support group with other caregivers can help provide peer-to-peer support.
- **ASK FOR AND ACCEPT HELP** - People want to help, and by accepting help from family and friends, you can reduce your stress and lighten your load, allowing you to focus and breathe.
- **SET A SCHEDULE** - Creating a schedule and list of priorities can help you stay organized, which can help prevent you from feeling overwhelmed.
- **TAKE A BREAK** - Remember it's okay to take a break and take a moment for yourself. Taking a walk outside is a great way to disconnect from stress and reconnect with nature.
- **KNOW YOUR LIMITS** - Setting clear boundaries is essential for maintaining your own emotional, mental, and physical wellbeing. By doing so, you can preserve your energy, reduce stress, and prevent burnout, ensuring that you can continue to care for both your loved one and for yourself.
- **CALL US AT CROSSROADS4HOPE** - We want you to know **you are not alone**. Please reach out to us anytime for **free** support and additional resources.