

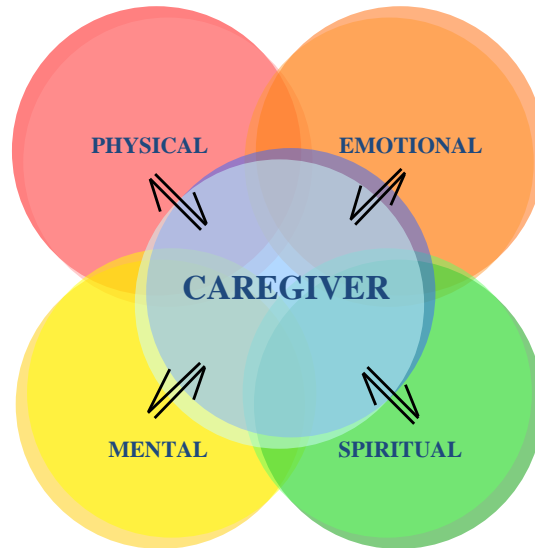
CAREGIVING CHALLENGES



CAREGIVER BURNOUT

- Fluctuating emotions
- Anxiety
- Poor concentration
- Anger
- Guilt
- Emotional numbness
- Fatigue
- Depression
- Denial

SELF CARE



Arrows Indicate Mutual Influencing

PHYSICAL CARE

Nutrition
Rest/Sleep
Exercise / Massage

MENTAL CARE

Attitudes
Thoughts / Beliefs
Perceptions / Perspectives

EMOTIONAL CARE

Healthy Emotional Release
Life Affirming Activities
Pampering; i.e., massage

SPIRITUAL CARE

Meditation Practice
Spiritual/Religious Engagement
Mindfulness of Responsibilities

SOCIAL CARE

Effective & Healthy Communication
Maintaining Social Connections
Group Attendance support/guidance/insight



Caregiver Burn out

IDEAS FOR SELF-CARE

- Go for short walks
- Write in a journal
- Plan for the future...create hope
- Make changes only as needed
- Work on unfinished business within the relationship
- Do a life review with your loved one
- Take care of anxiety provoking practical affairs
- Engage in tasks that rejuvenate rather than deplete
- Seek and ask for support