



# MANAGING CAREGIVER STRESS

# Welcome to the Caregiver Stress Workshop!

We will begin in a few moments



The format of the class is instructional.

Participants will be muted throughout the presentation.



If you would like to answer a question or interact with the presenter, type your message or comment in the chat box (you can select for the message to be routed directly to the presenter).



**Join the audio by pressing the headphones symbol**

# INFO ABOUT YOUR PRESENTER

A Behavioral Health Consultant is trained as a psychologist or clinical social worker and works as part of the primary care team.

Our role is to support achieving healthier bodies and minds.

Our visits are short term (1-6 visits for 30-minute appointments) focusing on:

Mental Health: anxiety, depression, grief, adjusting to life

Physical Health: exercise, eating healthy, better sleep, following Dr's treatment plans

Providing referrals or consulting with your doctor regarding your needs

# SCHEDULE FOR TODAY'S WORKSHOP

<b>BHC introduction, workshop format, review of agenda</b>	<b>Pages</b>
<b>1. Caregiver Stress Introduction</b>	<b>2-4</b>
<b>2. Practical Steps to Manage Caregiver Stress</b>	<b>5-7</b>
<b>3. Relaxation Strategies to Reduce Stress</b>	<b>8-11</b>
<b>4. Building Better Habits to Support Yourself</b>	<b>12-13</b>



# WHO ARE CAREGIVERS?

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Anyone who provides ongoing care and support to another person.

Caring for someone who is ill, disabled, too young or too old to independently care for themselves.

Often with no medical training

20% of adults in US are informal caregivers for other adults

# CAREGIVER DUTIES

Each month, caregivers spend A LOT of time on tasks:

- 13 days shopping, preparing meals, cleaning the house, driving and giving medication
- 6 days feeding, dressing, grooming, walking, bathing and assistance toileting
- 13 hours researching care services and disease information, coordinating doctors' appointments and managing finances

\*\*\*These tasks are done IN ADDITION to other life roles (work, family, social, etc.)

# CAREGIVER STRESS: SIGNS AND SYMPTOMS

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Feeling tired and run down

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Difficulty sleeping or trouble concentrating

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Irritability, moodiness or overreacting to minor nuisances

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Feeling resentful, angry or frustrated

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Anxiety or depression

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Drinking, smoking, or eating more

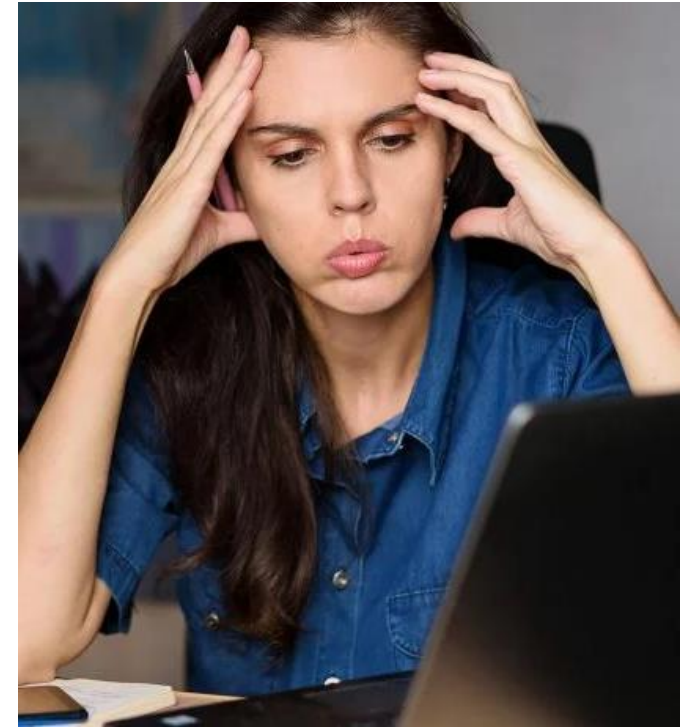
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New or worsening health problems such as getting sick more

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Cutting back on leisure activities and social withdrawal

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**Conflicting responsibilities:** needs of the care recipient, employers, family members, and yourself

**Lack of resources:** money and others to share the load

**Lack of the skills** needed to effectively manage a loved one's care

**Loss of privacy:** little time to be alone

**Role confusion:** difficulty separating roles as caregiver, parent, child, sibling, spouse or friend

**Unreasonable demands:** by other family members or the person being cared for

**Unrealistic expectations** about the effect caregiving efforts will have on loved ones' health or how much time can be devoted

**Emotional fallout in relationships--** grief, fatigue, disagreements about decisions, uneven sharing of responsibilities

# CAREGIVER STRESS: COMMON ISSUES



# CAREGIVER STRESS SELF-ASSESSMENT (PAGE 5-6)

## Caregiver Self-Assessment Questionnaire

### How are YOU?

Caregivers are often so concerned with caring for the relative's needs that they lose sight of their own well-being. Please take just a moment to answer the following questions. Once you have answered the questions, turn the page to do a self-evaluation.

During the past week or so, I have ...

- |  |  |   |  |
|--|--|---|--|
| 1. Had trouble keeping my mind on what I was doing.... | <input type="checkbox"/> Yes <input type="checkbox"/> No | 13. Had back pain.....  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 2. Felt that I couldn't leave my relative alone.....   | <input type="checkbox"/> Yes <input type="checkbox"/> No | 14. Felt ill (headaches, stomach problems or common cold).....  | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 3. Had difficulty making decisions.....                | <input type="checkbox"/> Yes <input type="checkbox"/> No | 15. Been satisfied with the support my family has given me..... | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| 4. Felt completely overwhelmed.....                    | <input type="checkbox"/> Yes <input type="checkbox"/> No | 16. Found my relative's living                                  |  |

# REFLECT ON YOUR CAREGIVER STRESS

**WHAT PARTS OF  
CAREGIVING  
CONTRIBUTE MOST  
TO YOUR STRESS?**

**HOW IS YOUR STRESS  
COMING OUT?**

**PHYSICALLY?  
EMOTIONALLY?  
SOCIALLY?**

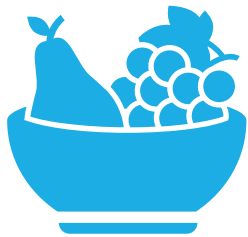
# PRACTICAL STEPS TO MANAGE CAREGIVER STRESS



**Caregiving is a marathon** and can strain even the most resilient people.

It is critically important to give yourself permission to put your own needs first in order to continue to meet the needs of your loved one.

# CAREGIVER SELF-CARE



Establish Healthy  
Habits



Change Your  
Perspective



Cultivate a Sense of  
Empowerment

# ESTABLISHING HEALTHY HABITS



**Eat well..**



**Don't skimp on sleep.**



**Exercise.**



**Clear your mind\***



**Keep on top of your doctor visits.**

The irony of caregiving is that the person giving so much to others frequently forgets to give themselves. Take a few minutes each night to ask:



**CHECK IN  
REGULARLY ON  
YOUR HEALTH  
HABITS**

**1**

**Focus on what  
you ARE able  
to provide.**

**2**

**Set realistic  
goals.**

**3**

**Get connected  
with education  
and  
resources.**

**4**

**Seek support  
for yourself.**

- Social
- Professional

**5**

**Support  
groups.**

**CHANGE YOUR PERSPECTIVE**

**No matter your  
situation, you are  
NOT powerless.**



**CULTIVATE A SENSE OF  
EMPOWERMENT**

Feeling powerless is significant contributor to stress, burnout, and depression.

Caregivers often feel STUCK in a role they didn't expect or helpless to change things.

You may not be able to change the situation...but you may have the power to change the way you THINK about it.



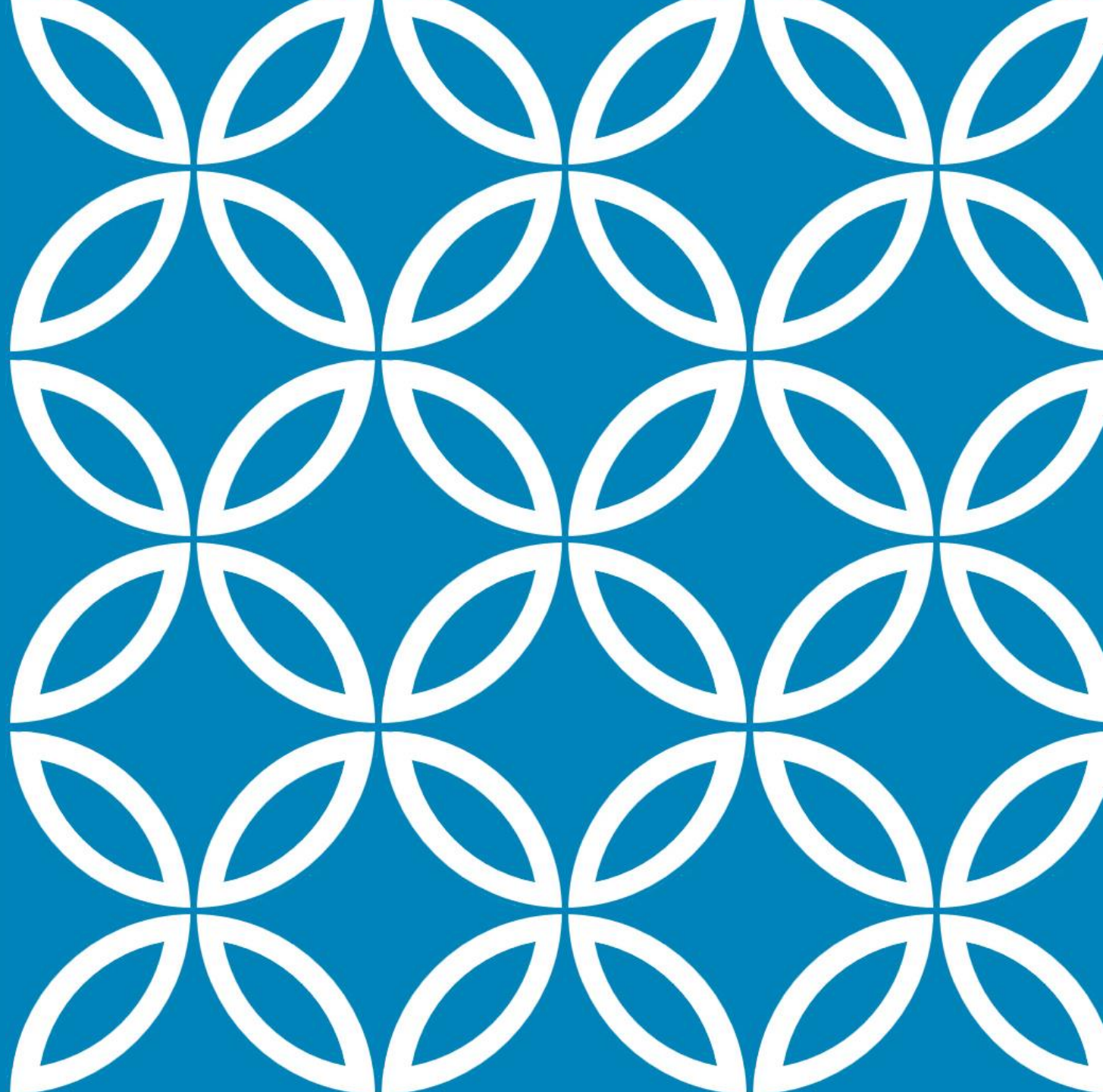
# CULTIVATE A SENSE OF EMPOWERMENT

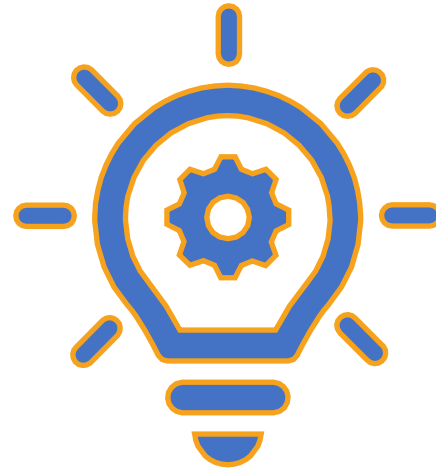


# RELAXATION STRATEGIES

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- ❖ Deep Breathing
- ❖ Body-focused Strategies
- ❖ Visual Imagery
- ❖ Mindfulness Meditations





**NEW HABIT = PRACTICE + TIME**

<b><u>Specific</u></b>	I will practice a breathing exercise daily to better manage my anxiety.
<b><u>Measurable</u></b>	I will practice once per day for 10 minutes before I get out of bed. I will track this on my phone or calendar, scheduling the time like I would an appointment.
<b><u>Achievable</u></b>	I will set my alarm 10 minutes earlier to have time to practice
<b><u>Relevant</u></b>	Relaxing my mind and body at the start of the day will lower my stress baseline. I know to master this skill takes time and set backs are a normal part of building a new habit. If I miss a “dose”, I will take it the next morning.
<b><u>Time-bound</u></b>	I will practice for 4 weeks.

# SMART GOAL SETTING



**GIVE YOURSELF  
PERMISSION TO ACT  
IN YOUR OWN  
INTEREST, IN ORDER  
TO CARE FOR YOUR  
LOVED ONE**



**BUILD BALANCE  
INTO YOUR  
ROUTINE**



**MAKE YOUR OWN  
HEALTH A PRIORITY**



**USE RELAXATION  
SKILLS**



**PRACTICE + TIME  
=NEW HABITS**



**BE KIND TO  
YOURSELF AS YOU  
BUILD NEW SKILLS.  
CELEBRATE YOUR  
SUCCESSES!**

**LAST IMPORTANT REMINDERS!**

IF YOU NEED ADDITIONAL,  
1-ON-1 SUPPORT YOUR  
BEHAVIORAL HEALTH  
CONSULTANT IS AVAILABLE.

Call your doctor's office or  
speak with your PCP about a  
referral to the Behavioral  
Health Consultant

