

Managing stress as a Caregiver

Are you stressed as a caregiver- Tips for reducing stress

A caregiver is someone who provides support, assistance, and care to those with prolonged illness. Sometimes, one can get overwhelmed due to the demands of the role, resulting in physical fatigue, emotional and mental exhaustion. Be aware of symptoms such as lack of appetite, sleeplessness, body aches, heartburn, indigestion, etc. Taking care of yourself and seeking support is important to function normally.

Some suggestions that can help reduce stress:

- 1. Set goals you can achieve:** Break large tasks into smaller steps so you can handle one thing at a time. Make a list of the priorities. Maintain a regular schedule to complete tasks.
- 2. Do not strive for perfection:** Understand that nobody is perfect, you may occasionally miss or delay tasks. Being a caregiver is tough, so give yourself credit for doing your best. Avoid putting too much pressure on yourself with unrealistic expectations.
- 3. Seek support:** Do not try to do everything on your own. Get support from your family and friends in caregiving according to their strengths and abilities.
- 4. Take care of your physical health:** Find ways of getting good sleep, engage in regular physical exercise, eat timely meals, and ensure you drink plenty of water throughout the day. Take short breaks to allow yourself to recharge and refresh your body and mind.
- 5. Ensure your emotional well-being:** Take time out for activities like reading, television, or hobbies you enjoy and feel passionate about. Try art, craft, writing, or listening to music. Go for a walk in the park or play a game or sport. Maintain your social connections as they provide emotional succor and a sense of support.

Several disease-specific support groups can provide more ideas and a sense of solidarity. Your role as a caregiver is essential, and you deserve support and self-care.

To know more:

- [Roles and responsibilities of Caregiver and Family](#)
- [Role of a caregiver - Infographic](#)

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