



CAREGIVER COMMUNITY NEWSLETTER

2nd Issue, January 2020

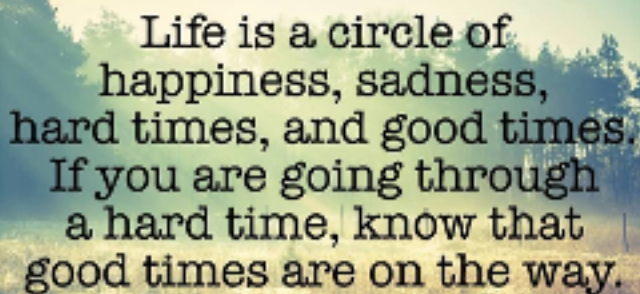
Happy New Year for all of you, from our heart we hope that you had a great time with your love ones!!

SELF CARE : TAKE A MOMENT FOR YOURSELF

Caregiving can be physically and emotionally exhausting. If you are taking care of a loved one, it is important to remember to recharge your batteries. For family members, caregiving can also lead to additional pressures, such as financial strain, family conflict, and social withdrawal. Over time, caregiver stress can lead to burnout, a condition marked by irritability, fatigue, problems with sleep, weight gain, feelings of helplessness or hopelessness, and social isolation.

Caregiver burnout is an example of how repeated exposure to stress harms mental and physical health. Chronic stress triggers a release of stress hormones in the body, which can lead to exhaustion, irritability, a weakened immune system, digestive distress, headaches, pains, and weight gain, especially in the midsection of the body.

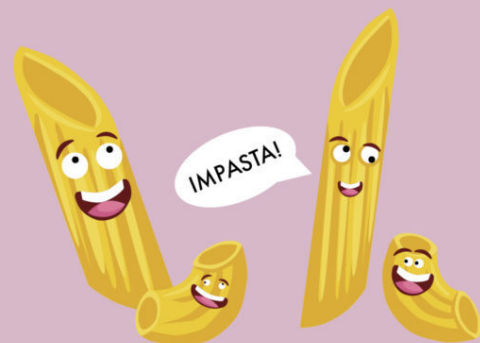
Your body does have a natural way to combat stress. The counter-stress system is called the “relaxation response,” regulated by the parasympathetic nervous system. You can purposefully activate the relaxation response through mind-body practices like yoga, tai chi, meditation, and deep relaxation techniques.



Life is a circle of
happiness, sadness,
hard times, and good times.
If you are going through
a hard time, know that
good times are on the way.

Spirit Science

WHAT DO YOU CALL A FAKE NOODLE?



10 Tips for Family Caregivers



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1



Be open to new technologies that can help you care for your loved one.

2



Watch out for signs of depression and don't delay getting professional help when you need it.

3



Caregiving is hard work so take respite breaks often.

4

7



Organize medical information so it's up to date and easy to find

6



Make sure legal documents are in order.

5



Give yourself credit for doing the best you can in one of the toughest jobs there is.

8

9

10



Upcoming Events:

Feb 15th "Self-Love" Spa/Nails (stay tuned for more details!)

May 2nd - "Cinco De Mayo Lunch" - Family Fun Gaining

July 11th - "Independence Celebrity" - Self Independence

Sept 26th 5th - Annual Gala

October 17th - Painting or Cooking Class

Coming Soon!!!

Caregiver Group Support!

Stay tuned for more information about our monthly group support and series of events to include seminars and expert speakers!



<https://stayinstep.org/caregiver-program/>



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5 Ways To Take Care of Yourself!

Self-compassion is essential to self-care.

Practice simple breath awareness for 10 minutes a day.

Try a mind-body practice like yoga, tai chi, meditation, and deep relaxation techniques.

Make eating well and getting quality sleep priorities.

Remain socially connected. Find support through local caregiver support groups.



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