

CAREGIVER SUPPORT & STRESS MANAGEMENT

We can experience stress and burnout from our supportive role, when the strain from juggling it and other commitments is poorly managed.



COMMON SIGNS OF CAREGIVER STRESS



- Fatigue and irritability
- Losing interest in activities we used to enjoy
- Withdrawing from family and friend
- Constant worry or feelings of sadness
- Unintended changes in food intake or weight
- Unexplainable outburst or anger towards others

Here are some tips to help!

PRACTICE SELF-COMPASSION AND SELF-CARE

Take care of our health and mental wellbeing by:

- Engaging in activities we enjoy (e.g., going for a walk, enjoying a nice meal)
- Self-appreciation (e.g., celebrating small wins)
- Avoid setting unrealistic expectations



CULTIVATE COMPASSION FOR OUR CARE RECIPIENTS



It is important to remind ourselves:

- Our care recipients' symptoms are due to their medical conditions and not them
- They may not realize they are hurting or making life challenging for you

SEEK AND ACCEPT SOCIAL SUPPORT

Reach out for caregiving support from:

- Family and friends
- Caregiver support groups and workshops
- Doctors, psychologists, counsellors etc. – seek professional advice if needed



HOLD A SAFE SPACE AND PRACTICE ACTIVE LISTENING



- Strive to be non-judgmental and patient
- Understand that it is valid for our care recipients to feel down also
- Invite them to share how they would prefer to be supported!