

## **Suggestions for Relieving Stress**

### **Stay involved**

- ❖ Remain active in community affairs as long as possible
- ❖ Take classes at local colleges
- ❖ Meet with other caregivers in support groups
- ❖ Visit with family and friends
- ❖ Encourage and accept help from others
- ❖ Use your telephone to stay in touch with friends
- ❖ Take advantage of services for the elderly for your relative
- ❖ Invite others to your home for socialization
- ❖ Write to distant relatives and friends frequently
- ❖ Listen to and participate in radio call-in programs
- ❖ Get a pet that doesn't require a great deal of attention

### **Deal with Feelings of Anger and Guilt**

- ❖ Accept that there are times when you will get angry
- ❖ Discuss feelings with others
- ❖ Focus on your older relative's good points
- ❖ Speak your mind calmly
- ❖ Be persistent
- ❖ Allow yourself daily pleasures
- ❖ Do not expect perfection of yourself
- ❖ Take the time to pat yourself on the back
- ❖ Assume you are doing your best to balance all responsibilities
- ❖ Understand you have the right to be selfish at times
- ❖ Realized rest and relaxation are a right, not a privilege

### **Learn to Relax**

- ❖ Vigorous exercise
- ❖ Deep breathing – take a deep breath, exhale slowly
- ❖ Do something you really enjoy
- ❖ Retreat to a place of your own
- ❖ Listen to soothing music
- ❖ Take a hot bath or cold shower
- ❖ Visualize yourself being somewhere that makes you happy

### **Maintain Good Health Habits**

- ❖ Have regular physical exams
- ❖ Exercise regularly
- ❖ Maintain a balanced diet
- ❖ Get enough sleep
- ❖ Avoid alcohol or drugs
- ❖ Seek professional help if depressed for a long time