

Staying Sane in a Caregiving World

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Overview

- ◆ Caregiver Mental Health
- ◆ Depression & Anxiety
- ◆ Negative Speak
- ◆ Coping Styles

Rosalyn Carter said it best:

“There are only four kinds of people in the world –

- ◆ those who have been caregivers,
- ◆ those who are currently caregivers,
- ◆ those who will be caregivers and
- ◆ those who will need caregivers”.

Why is Caregiver Mental Health Being Compromised?

- ◆ Emotional and physical strain of caregiving
- ◆ Frustrated and angry caregiver burden combined with problem behaviors
- ◆ Guilt
- ◆ Loneliness
- ◆ Exhaustion

Depression

- ◆ Seen as a sign of weakness
- ◆ “Snap out of it”
- ◆ Resistance to Medications
- ◆ Something is out of balance
- ◆ Not helpful. Don't ignore symptoms
- ◆ Behavioral component

Symptoms of Depression

- ◆ Experiencing a change in eating habits resulting in unwanted weight gain or loss
- ◆ Experiencing a change in sleep patterns—too much sleep or not enough
- ◆ Feeling tired all the time
- ◆ Losing interest in people and/or activities that once brought you pleasure
- ◆ Becoming easily agitated or angered
- ◆ Feeling that nothing you do is good enough
- ◆ Thoughts of death or suicide, or attempting suicide
- ◆ Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain.

Anxiety

- ◆ Can make you lose your sense of perspective.
- ◆ Your anxiety does not just come out of the blue
- ◆ It does not merely affect or linger in your mind alone-it connects with your body
- ◆ Anxiety needs your mental energy to thrive and take hold of you.

Symptoms of Anxiety


- ◆ Restlessness or feeling keyed up or on edge
- ◆ Being easily fatigued
- ◆ Difficulty concentrating or mind going blank
- ◆ Irritability
- ◆ Muscle tension
- ◆ Sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep)

Negative Thoughts


◆ Ask Yourself:

- Is there a chance I'm blowing this worry or fear out of proportion?
- Is this sound reasoning?
- Is this going to be a problem for me later?
- Is guilt getting the best of me?

Custom Design Your Coping Style

- ◆ Be willing to invest in yourself
 - ◆ Be honest with yourself
 - ◆ Be willing to change
 - ◆ Be open to receive support
 - ◆ Be willing to accept uncertainty
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Quick Fixes

- ◆ Relax
 - ◆ Simplify
 - ◆ Identify Triggers
 - ◆ Share
 - ◆ Nourish Spirit
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- A stylized silhouette of a mountain range in shades of teal, located at the bottom right of the slide.

Caregiving Benefits

- ◆ It has its rewards
- ◆ It gives you a positive feeling of giving back to a loved one
- ◆ It makes you feel needed
- ◆ It can lead to a stronger relationship with your loved one
- ◆ It provides a greater appreciation for life
- ◆ It can make us feel good about ourselves

Questions?

