

Institute for Disability Studies
ShareCare Notes
March 3, 2005

In this Stress Awareness Edition:

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1) Evaluating Your Stress

Stress is a very real part of the caregiver's experience. It can threaten caregivers' health and wellbeing if experienced at a high level for an extended period of time. To evaluate your current level of stress, visit <http://wwcoco.com/cfs-care/stresstest.html> or <http://www.caregiving.com/YOURCARE/html/stresstest.htm> . Resilience, or our ability to bounce back following a crisis or difficult event, plays a key role in our effectiveness in coping with stress. To test your resilience, see http://www.caregiving.com/YOURCARE/HTML/resilience_test.htm .

2) Stress and Guilt

As caregiver burden increases, guilt often contributes to stress in various ways. For a description of the role of guilt in caregiver stress, visit <http://www.geocities.com/~elderly-place/stress.html> . The three Be's of caregiving, (1) Be prepared, (2) Be honest, and (3) Be well, may help to lessen the strain; see <http://www.caregiving.com/YOURCARE/html/threebes.htm> for more information on implementing the three Be's in your life.

3) Stress Management Tips

Stress may manifest in a variety of ways. For a list of articles related to symptoms, and management techniques, see <http://www.aarp.org/health-stress/list> . For practical tips and skill-building exercises to improve stress management, visit <http://www.ec-online.net/Knowledge/SB/SBstress.html> and <http://www.ec-online.net/Knowledge/Articles/stressmgt.html> . Prolonged periods of high stress can lead to burnout due to physical and emotional fatigue. For ideas on burnout prevention, visit <http://www.4woman.gov/faq/caregiver.htm> . Support groups have been shown to be helpful in assisting caregivers in a variety of ways, including stress alleviation. For more information, please see http://www.caregiver.com/articles/general/support_group_options.htm .

4) Memory Boosters

March 14th through 20th is Brain Awareness Week. In celebration of brain health, take a moment to try out some of the memory boosters at <http://www.agenet.com/?Url=link.asp?DOC/8> .

5) Upcoming Events

March 8, 2005, 2:30 – 4 p.m.

Caregiver Meeting, “Shake, Rattle, and Roll: A Special Presentation on Stress, Fitness, and Care for the Caregiver” by Liz Perkinson, Fitness Consultant.

The meeting will be held at St. Stephen’s Episcopal Church, Columbia, MS. Please R.S.V.P to 1-888-671-0051.

March 8, 2005, 6:30 p.m.

Caregiver Meeting, Parkway Heights Methodist Church, 24420 Hardy St., Hattiesburg, MS.

March 9, 2005, 11:45 a.m. – 1 p.m.

Caregiver Brown Bag Lunch, “Caregiver Stress and Your Health: Questions and Answers with a Physician”

Dr. Virginia Crawford from the Southern Miss Clinic will be speaking on caregiver stress. The meeting will be held in The University of Southern Mississippi Student Union, Room C.

March 23, 2005, 11:45 a.m. – 1 p.m.

Caregiver Brown Bag Lunch, “Stress Busters in Action,” presented by Dr. Susan Bone, Assistant Director of Wellness, Southern Miss Recreational Sports.

The meeting will be held in The University of Southern Mississippi Student Union, Room H.

Take rest; a field that has rested gives a bountiful crop.

Ovid

Roman poet (43 BC - 17 AD)

Take care of yourselves!

Sincerely,

Angel Jernigan