

**Institute for Disability Studies**  
**ShareCare Notes**  
*March 24, 2005*

In this Stress-Buster Edition:

- 1) Health Risks of Caregiver Stress
- 2) Managing Stress for Better Health
- 3) Feelings Associated with Caregiving
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1) Health Risks of Caregiver Stress

Caregiver stress can impact life in various ways. Negative health effects can result from the prolonged periods of high stress associated with caring for a loved one. See <http://www.caregiving-solutions.com/carstres.html#negative> for information on measuring caregiver stress and negative consequences of stress on health. Also, visit <http://seniorliving.about.com/od/healthnutrition/a/caregiverstress.htm> for further information on the potential health risks of caregiver stress and recognizing signs of stress effects.

2) Managing Stress for Better Health

Managing stress is of particular importance for caregivers since the condition of their health directly impacts the level of care that can be provided to their loved one. Please see <http://stress.about.com/cs/familymarital/a/caregiver.htm> for a description of caregiver stress and suggestions for avoiding burnout and <http://familydoctor.org/645.xml> for warning signs of stress and tips for seeking help.

3) Feelings Associated with Caregiving

Feelings associated with caregiving vary widely from fulfillment to resentment. Dealing with those feelings effectively and constructively can help to reduce caregiver stress. For more information on this topic, visit [http://www.suite101.com/article.cfm/elderly\\_caregiving/109742](http://www.suite101.com/article.cfm/elderly_caregiving/109742) .

4) Caring for the Caregiver

The search for meaning in our lives is an ongoing task and for caregivers, discovering ways that their time, energy and dedication are meaningful is critical to maintaining a positive outlook and reducing stress. For an uplifting story about one caregiver's journey, see <http://www.alzheimer.ca/english/care/articles-cgstress-meaning.htm> . To acknowledge ways that caregivers receive positive energy from their loved one helps bolster their commitment to caregiving. One woman's story of what she calls "mutual caregiving" provides an interesting perspective. The complete article may be found at [http://www.caregiver.com/articles/stories/mutual\\_caregiving.htm](http://www.caregiver.com/articles/stories/mutual_caregiving.htm) .

## 5) Upcoming Events

April 7, 2005, 9 a.m. – 2 p.m., Volunteer Retreat Day-Inspire by Example: “The World of Hospice Volunteering,” and “Insights and Communication Skills for Volunteers”, an audio conference. For more information and to register by the April 1 deadline, call 702-938-3932 or email [hlavine@nah.org](mailto:hlavine@nah.org).

April 8, 2005, 3:30 p.m., Caregiver Meeting (Alzheimer’s), Wesley Medical Center-Dogwood Room. Contact Jean Waite or Sheila Rice at 601-268-8150.

Dr. Susan Bone of the USM Payne Center has agreed to provide a free beginner’s yoga class specifically for caregivers beginning the week of April 18. She has asked for feedback from those interested regarding the best day to offer the class. She has available Monday, Tuesday, or Wednesday from 12:15-12:45 at the Payne Center. The Class will run for 8 weeks. Please email me ([angel.jernigan@comcast.net](mailto:angel.jernigan@comcast.net)) by April 11 with your preferred day and I will compile your comments and send to Susan. This is a great opportunity to learn some additional stress management techniques found in yoga, so don’t miss out!

The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.

### Euripides

*Greek tragic dramatist (484 BC - 406 BC)*

Take Care,  
Angel Jernigan