



## **PRESS RELEASE**

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### **Please print the following announcement:**

#### **Angry? Count to Ten**

Have you recently found yourself lashing out uncharacteristically? This may be caused by added stress, increased anger, and caregiver burnout. Caregiving is not easy, which means self-care is more important than ever. Self-care is taking the time to do things that help you live better and improve your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, increase your energy, and reduce caregiver burnout.

Caregiver burnout is a state of physical, emotional, and mental exhaustion that happens while you are caring for someone else. Stressed caregivers may experience fatigue, anxiety, and depression. It can occur when the caregiver does not get the help they need, and they devote all their time and energy to helping their care recipient. It can also occur when caregivers try to do more than they can, emotionally, physically, or financially.

Now that you know what to look for, here are some Caregiver Self-Care techniques to help you prevent caregiver burnout, and help you cope with the everyday challenges of caregiving.

A easy daily stress relief technique is writing in a gratitude journal. Write down all the things you are grateful for each day and reflect on the positive aspects of your life and what brings you joy. The difference between a journal and a gratitude journal is that the gratitude journal brings your attention to the now. It inspires you to focus on and appreciate the beauty of the present moment. After doing this for some time and making it a habit, you may notice that you are less stressed. Changing your attitude to be more grateful towards people, things, and events in your life strengthens your emotional resilience and reduces stress.

Stress is not only mental and emotional, but it can also be physical such as headaches, back pain, and heartburn. While caregiving, it can be so easy to get caught up in our

stress that we do not realize our physical discomfort. That is why body scan meditation can be useful and effective, allowing us to check in with our bodies. The purpose is to tune in to your body, reconnect to your physical self, and notice any sensations you are feeling as you mentally scan down your body from head to toe.

Guided imagery meditation has been proven to reduce stress, relieve pain, and even lessen insomnia. Guided imagery uses the power of the imagination to quickly relax your body and calm your mind. It is easy to do whenever and wherever you choose. All you must do is imagine a peaceful place in your mind. It works best if you incorporate all five senses: vision, taste, sound, smell, and touch.

Journaling and self-reflection prompts can help you when you are feeling overwhelmed or do not know what to do. Journaling allows you to take a moment to pause and reflect to ensure you are checking in with your needs.

Self-affirmations are positive statements we all make about ourselves to build our self-worth and self-esteem. Affirmations can inspire you, motivate you, and increase your self-esteem. Some examples are:

- I deserve time for myself so can attend to my own emotional, physical, and spiritual needs.
- I am strong and can overcome challenges that come my way.
- I will stay positive and work on one problem at a time.
- I continue to learn and take responsibility for my boundaries by setting limits and advocating for myself.

Positive self-talk and optimism can be effective stress management tools. Self-talk is your internal dialogue; it can be negative and positive, encouraging or distressing. It is shaped by your subconscious mind, and it reveals your thoughts, beliefs, questions, and ideas. Your mindset is your set of beliefs, values, and attitudes about yourself and the world around you. These beliefs shape how you experience the world: Is life happening to you or is it happening for you? Positive self-talk has been known to have many great health benefits, including greater life satisfaction, improved immune function, reduced pain, better cardiovascular health, and less stress.

Some of these self-care techniques may not be the best fit for you; however, find one that works best for you. For other self-care techniques visit:

[www.nemcsa.org/services/senior-services/caregiver-self-care.html](http://www.nemcsa.org/services/senior-services/caregiver-self-care.html)

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