

# From caregiver to caregiver - how to cope

## CSS Pub. - Caregiver stress: Tips for taking care of yourself

**NASP** | COVID-19 Resources

**Coping With the COVID-19 Crisis: The Importance of Care for Caregivers—Tips for Parents and Teachers**

The COVID-19 pandemic is a stress unlike any one century has faced before. Unlike other events, the pandemic is offering few opportunities for respite or time to regroup. As caregivers, we are often the ones who are providing support and guidance to others during this time. We are also the ones who are most likely to feel the effects of the crisis ourselves. It is important that we take care of ourselves so that we can continue to provide the best support possible to those we serve. This document provides tips for parents and teachers to help you manage your own stress and maintain your resilience.

**CHRONIC STRESS**

Under an acute stressful situation that has a discrete beginning and end, the COVID-19 pandemic is an ongoing stressor. Chronic stress is a state of constant tension and worry that can lead to physical and emotional health problems. Chronic stress can affect your ability to work, your relationships, and your overall well-being. It can also contribute to mental health problems such as depression and anxiety.

**RISKS AND STRESSORS**

Caregivers often experience racing thoughts about a crisis such as the COVID-19 pandemic. It is important to remember that the crisis is not the only source of stress. Other sources of stress include family members, friends, coworkers, caring for elderly loved ones, and other responsibilities (such as pets,财务, family, friends, and hobbies). Stress can also come from social isolation, financial concerns, and other factors. It is important to identify the sources of stress and to seek support from others if needed.

**BE AWARE OF WARNING SIGNS**

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Physical reactions: Physical changes in the body, such as increased heart rate, sweating, trembling, and difficulty breathing. These symptoms may be triggered by stress, anxiety, or fear.

Emotional reactions: Emotional changes in behavior, such as irritability, anger, sadness, and depression. These symptoms may be triggered by stress, anxiety, or fear.

Behavioral responses: Changes in behavior, such as avoidance of social situations, difficulty sleeping, and difficulty making everyday decisions. These symptoms may be triggered by stress, anxiety, or fear.

Notes: Includes bibliographical references (p. 111-113).

This edition was published in 1995.



Filesize: 22.57 MB

Tags: #How #to #Cope #with #Grief

### How To Cope as a Caregiver

Aside from the hardships many are facing, especially in the senior communities, what positives do you see coming out of the global pandemic for older adults? I honestly cannot believe i am in this position where I have to live her sickness. I am ready to just pack a suitcase one day and leave. Request their help with the situation.

### From the Caregiver's Perspective: How to cope, how to support the veteran, and how to make a difference

Ask your human resources office about options for unpaid leave. You have been traveling for a long time, but you finally catch a glimpse of the island off in the distance and feel a sense of relief that you are so close to reaching your destination.

### Caregiver burnout: How to cope with the stress of caring for an elder loved one

The important thing is the quality of time you spend with others.

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### Caregiver Resentment Is Normal: Why It Happens And How To Mitigate It

How do people cope when their lives are turned upside down? This is the only way to maintain your own mental and emotional well-being over the long-term. Exercise and sleep are also really important for maintaining health during this period of time, and I think getting outside and getting fresh air; sunlight is so beneficial to both our physical and mental health. News, stories, photos, videos and more.

### Positive Ways to Cope with Caregiver Stress

And if friends or family are offering to pitch in, take them up on it, she advises. Pain invites you to share your individual pain experiences with us, and have your voice heard. Some centers provide care for both older adults and young children, and the two groups may spend time together.

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