

## Ways to Avoid Anger as a Caregiver

- When someone offers to help you, accept the offer without feeling guilty.
- Stay organized, have a well-established daily plan.
- Continue to enjoy at least one of your hobbies on a regular basis.
- Take well deserved breaks away from your care giving duties.
- If you cannot get breaks from care giving, then try and plan breaks in the day when your loved is resting, sleeping or turn on the television and take even a ten minute break.
- Schedule in exercise time daily, even ten minutes a day will be beneficial to your overall health.
- Be honest with family members about the demands of your role.
- Allow family members and friends to share in the responsibilities and care of your loved one as needed.
- Continue to enjoy social situations as you are able to and maintain friendships.
- Weekly, do something special for yourself.
- Never forget the power of laughter and how it can help you to maintain a positive attitude.

