Care of Self, Care of Others:

Caring For Yourself
While
Caring For Others
Our Mission:
To promote mental health and to improve the care and treatment of persons with mental illness through advocacy, education, and service
Facts About Caregivers

• More than 6 million seniors require assistance with basic living skills
• 5 million Americans spend some time caring for a parent (this is expected to double by the year 2019)
• One half of all caregivers are spouses
Facts About Caregivers

- 35% of all caregivers for disabled seniors are adult children
- 75% of all caregivers are female
- 75% range from 35-59 years of age
- 30% of family caregivers for older adults are themselves age 65 or older
Symptoms of Caregiver Stress

- Excessive blaming
- Bottled up emotion
- Isolation
- Voices excessive complaints
- Substance abuse
- Compulsive behaviors
Symptoms of Caregiver Stress

- Chronic Physical ailments
- Apathy, sadness, inability to experience pleasure in past activities
- Difficulty concentrating and feeling preoccupied
- Mentally and Physically tired
Benefits of Caregiving Experience

• A majority of caregivers formed a stronger bond with the person they cared for during the time they were together.
• 60% called the experience “very or extremely” rewarding
• 60% reported improvement in the quality of their relationship
How to Take Care of Yourself

Why take care of yourself?

Emotional Bank Account:

Deposits and Withdrawals
Deposits and Withdrawals

**Deposits** are anything that gives you energy.

**Withdrawals** are anything that takes away energy.
Tips and Suggestions

- Make **regular** deposits
- When you can’t prioritize your time, prioritize your tasks
- You don’t have to make yourself **more** important than someone else, but you are **just** as important as someone else.
GUILT & ANXIETY

• Let go of guilt:
• You may not be able to make deposits everyday
• Some days will be easier than others
• Some things in your life may have to slide
Remember to honor and love yourself for taking on the task of caregiving—it is a difficult and rewarding task.
Practice Mindfulness:
Being in the present moment

- Guilt takes you to the past
- Anxiety takes you to the future
- Being in the present is where you have power and will make you feel the most balanced
Caregiver Self Care

• Find something to laugh about
• Exercise and eat right
• Talk with someone
• Get sleep
• Take a break everyday
• Listen to music

• Be realistic about the person’s abilities
• Accept your feelings
• Learn relaxation techniques
• Attend a support group
• Seek professional help
View Your Role as a Helper Not a Doer

Encourage the person you care for to use the skills they still have:

• To help them retain their skills
• Boosts self-esteem
• To give you a reprieve from tasks
I have the right...

Caregiver’s Bill of Rights by Jo Horne
Enriching Caregiving
Enrichment Suggestions

- Enjoy old movies
- Look at old photo albums
- Make favorite holiday foods
- Value their wisdom and experience
- Write or record family history
- Play games
Grief and Depression

Common symptoms of Grief and Depression:

• Intense sadness
• Fatigue
• Sleep and appetite disturbances
• Low energy
• Loss of pleasure
Depression Symptoms

- Not connecting with others
- No sense of pleasure
- Grim outlook for the future
- Uncharacteristic negative self view
- Inappropriate guilt
- Suicidal thoughts

(These must persist for 2 weeks to several months)
Stages of Grief

1. Denial
2. Bargaining
3. Depression
4. Anger
5. Acceptance
“One person caring about another represents life’s greatest value”

-Jim Rohn
Contact Information

For more information:
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Give us a call!
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