



# Stress Management and Wellness

How practicing wellness-based programming  
can help increase a caregiver's quality of life



# Overview

- Stress management is vital to staying in good health, however when taking on caregiving of another individual, stress levels can become heightened significantly.
- Burnout is a direct result of caregiving for prolonged periods of times and not finding time for oneself.
- There are several methods that have been developed in recent years for caregivers to utilize to reduce the propensity of burnout.
  - Exercise (i.e., Yoga, Tai Chi, etc.)
  - Journaling
  - Developing a routine
  - Staying connected with the community
- Utilizing these techniques together can ensure a better quality of life for caregivers.

# Exercise

- Tips:
  - Combining a few low-impact exercise routines can be just as effective as working out in the gym.
  - One simple way is couple 10-15 minutes of exercising with 20 minutes of walking
  - Doing this daily would be ideal
  - At least three times per week.
- Benefits:
  - Improves mood
  - Helps you think more clearly
  - Helps regulate appetite
- [Here is a link for a good daily exercise routine.](#)
  - Look through this youtube channel for an array of exercises.



# Yoga

- Yoga is defined as a “system of physical postures, breathing techniques, and some meditation to promote physical and emotional well-being.”
  - [Here is a video for beginners](#)
  - [Here is seated yoga \(modified version\)](#)
- Benefits
  - Decreases stress
  - Relieves Anxiety
  - Reduces Inflammation
  - Improves flexibility and Balance
  - Improves strength
  - Improve quality of life



# Tai Chi

- Tai Chi is defined as “an ancient Chinese discipline of meditative movements practiced as a system of exercises”
  - [Here is a video of Tai Chi for beginners.](#)
  - [Here is a video of seated Tai Chi.](#)
- Benefits:
  - Improves muscle strength, balance and flexibility
  - Boost cognitive function
  - Get better night-time sleep quality
  - Reduce risk of falls





# Journaling

- Journaling has long been a coping mechanism for individuals, however is under utilized.
- Documenting or journaling as a form of self expression can help alleviate stress by when implemented.
- It also can be utilized as resource for other caregivers, if and when they encounter similar instances while caregiving.
- Keeping a history of what works and what doesn't work can be vital when contemplating a change in routine.
  - By journaling you can keep a record of best practices that can be utilized later
  - Also keeping a record of what doesn't work can help avoid unwanted outcomes in the future.



# Routine

- Having a routine is vital to being successful when practicing stress management.
- Routines help ensure things will get done on a consistent basis
  - Helps provide some structure for not only the caregiver, but the individual being cared for.
- They also can be altered and adapted to better fit both individuals needs.
  - Should keep a routine constant for at least two weeks before altering.
- Daily routines work best structured by time (i.e., 8:00 am breakfast, 9:00 am laundry, 10:00 am exercise, etc.)
- Visual and physical documentation better helps ensure the routine is followed
- Try to synchronize both individuals routines into one routine when possible
  - Activities do not always need to correspond.



# Staying connected with the community

- Social isolation as a result of caregiving can be a detriment to one's well-being.
- Stay connected with the community gives caregivers an outlet to find new resources, and build and sustain support groups.
- Caregivers often think they are in this alone, however there are many resources available to them. Which can be found a lot easier with a connection to community.
  - Some examples of resources are: recreational programming, support groups, and options for personal care.
- By staying connected with the community, gives caregivers access to best practices others utilize and to new information that isn't commonly found when isolated.
- One of the best benefits of maintaining a connection with the community is knowing you're not alone, and other caregivers are experiencing the same struggles at home.



# Citations

Caregiver Stress and Burnout. (2020, February 17). Retrieved from <https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm>

Lilly, M. B. (2011). Can we move beyond burden and burnout to support the health and wellness of family caregivers to persons with dementia? Evidence from British Columbia, Canada. *Health and Social Care in the Community*, 20(1), 103–112. doi: 10.1111/j.1365-2524.2011.01025.x

Link, R. (2017, August 30). 13 Benefits of Yoga That Are Supported by Science. Retrieved from <https://www.healthline.com/nutrition/13-benefits-of-yoga>