

# **CAREGIVER COPING TECHNIQUES**

Coping skills

Stress management

Resources

## *COPING SKILLS*

- Pace yourself
- Be informed
  - Medical
  - Resources
  - Needs
- Communicate
- Delegate
- Allow others to feel and yourself to feel
- Know your strengths and your limits

- Stay healthy
  - Eat well/ stay well hydrated
  - Exercise
  - Avoid abuse of alcohol/drugs
  - Get enough sleep

Effects of fatigue

Emotional

Physical

- Know yourself and your own emotional status

Depression

-Symptoms

-Solutions

## *Stress Management*

- Maintain friendships/make new friends
- Find time to do something you enjoy
- Laugh/ engage in funny things
- Reassess your stress
- Outsource disagreements
- Let go of stress consciously

- Let go of stress consciously

Yoga  
Meditation  
Mindfulness  
Self-hypnosis  
Prayer  
Controlled breathing  
Progressive relaxation  
Imagery  
Acupuncture  
Reflexology  
Massage  
Psychotherapy  
Medication

### Practice

- Breathe
  - Slow down
  - Cue
  - Count
- Relax
  - Notice
  - Progress systematically
- Imagery
  - A rich fantasy life

## *RESOURCES*

### *Resources*

- Doctor/ medical center
- Care Pages  
[carepages.com](http://carepages.com)
- Today's Caregiver magazine  
[caregiver.com](http://caregiver.com) or 800-829-2734
- Gilda's Club  
[gildasclub.com](http://gildasclub.com)

## *Resources*

- Web information
  - American Cancer Society
  - Mayo Clinic
- Palliative Care
- Family Medical Leave Act

***“Place the oxygen mask on yourself before placing one on the other person.”***