



8 TIPS TO HELP AVOID CAREGIVER BURNOUT



Caregiver burnout is a very real state that can affect anyone providing care for a loved one. Here are 8 helpful tips for Caregivers.

1 SET REASONABLE GOALS

Set monthly goals such as scheduling and paying bills. Weekly goals such laundry days and Daily goals such as washing dishes. But don't stress if something doesn't get done right away. Be sure that goals are reasonable and are not overwhelming.

2 KNOW YOUR LIMITS

Know when to STOP! Know when to simply SLOW DOWN! Know that it is OK to not always meet every goal! Know your own limits!



3 UNDERSTAND WHAT YOU'RE DEALING WITH

Understand what your caregiver duties are. Learn about your loved one's condition. Try to understand and empathize with their emotions. Understanding what you're dealing with may help you set your own limits and reasonable goals!



4 LEARN TO ACCEPT YOUR FEELINGS

It's OK to feel guilt, anger, irritability, stress and resentment. Negative feelings are part of caregiving. Understanding these feelings and learning to accept them may help in finding coping mechanisms.

5 REACH OUT AND TRUST SOMEONE

Though, not always easy, it is important to reach out and learn to trust someone. Fostering relationships outside of the caregiver-caretaker relationship may help prevent isolation and could serve as a great way to help cope with stress.



6 FIND A SUPPORT GROUP

Find a support to meet other caregivers in similar situations. While having friends and other close relationships is great; they may not understand the challenges of being caregiver. Check out local support groups or online communities; i.e. Facebook Groups or Blogs.

7 STAY HEALTHY AND POSITIVE

Aim for walks after dinner, Pilates or Yoga sessions. Join a gym and participate in group workout sessions.



8 BE REALISTIC

Be realistic in every aspect of caregiving. You may know your loved one has memory problems; is it feasible to expect them to remember every chore?