

# The Caregiver Toolkit

*Caregiver Stress & Tips to Prevent  
Burnout*

# Meeting Objectives

- 1 Understand the difference between acute and chronic stress
- 2 Review symptoms of chronic stress
- 3 Discuss risk factors of chronic stress
- 4 Understand the meaning of well-being
- 5 Discuss ways to promote well-being to prevent chronic stress and burnout

# Acute Vs. Chronic Stress



## Acute

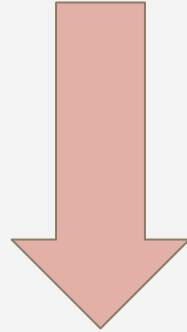
- a state of worry or mental tension caused by a difficult situation
- a natural human response
- a little bit of stress is good



## Chronic

- a consistent sense of feeling pressured and overwhelmed over a long period of time
- can worsen pre-existing health problems
- can be damaging to the brain and body

# Chronic Stress



**Burnout**

# Symptoms of Chronic Stress



## Physical

1. Aches and pains
2. Exhaustion or trouble sleeping
3. High blood pressure
4. Muscle tension or jaw clenching
5. Stomach or digestive problems
6. Weakened immune system



## Mental

1. Anxiety
2. Irritability
3. Depression
4. Panic attacks



23%

of caregivers have a higher level of stress hormones

15%

of caregivers have a lower level of antibody responses

45%

of caregivers reported chronic conditions (heart attack/heart disease, cancer, diabetes and arthritis) at nearly twice the rate of non-caregivers

**BEHAVIORS**

**FEMALE  
CAREGIVERS**

**DURATION  
OF CARE**

**CAREGIVER'S  
AGE**

# Risk Factors

**RELATIONSHIP  
TO CARE  
RECIPIENT**

**AMOUNT  
OF CARE**

**COGNITIVE  
IMPAIRMENT**



“people with chronic stress try to manage it with unhealthy behaviors”





# 8 Dimensions of Well-Being

1 Physical

2 Intellectual

3 Financial

4 Environmental

5 Occupational

6 Social

7 Emotional

8 Spiritual



## **Physical**

- Frequent, short exercises
- Find activities you enjoy
- Eat well and get good sleep
- Suggestions: yoga, walking, breathing exercises



## **Intellectual**

- Find creative outlets that stimulate or calm the mind
- Suggestions: reading, puzzles, meditation



## **Financial**

- Be creative about your budgeting and spending
- Meet with financial advisors who provide free or low-cost services for guidance



## **Environmental**

- Appreciate nature and the beauty that surrounds you
- Seek experiences that have a calming effect
- Suggestions: Music and aromatherapy



### **Occupational**

- Prioritize the daily activities that enhance quality of life



### **Social**

- Make at least one social connection per day by calling, e-mailing, or visiting someone
- Get active in a support group



## **Emotional**

- Be aware of and listen to your feelings
- Express your feelings to people you trust
- Suggestion: journaling



## **Spiritual**

- Make time for practices that enhance your sense of connection to self, nature, and others
- Take time to discover what values, principles, and beliefs are most important to you

# HouseCall

with Dr. Yvette Lu

EP. 2

SUPER  
CREATIVE

TELUS  
Fund



# How to Start

- 1 Identify personal barriers
- 2 Seek solutions
- 3 Set realistic goals
- 4 Ask for and accept help



# Well-Being Journal

**2 ways I will move  
my body today**

- \_\_\_\_\_
- \_\_\_\_\_

**1 way I will stimulate  
my brain today**

- \_\_\_\_\_

**2 ways I will connect  
with my emotions  
today**

- \_\_\_\_\_
- \_\_\_\_\_

**1 way I will connect  
spiritually today**

- \_\_\_\_\_

**1 way I will connect  
with my  
environment today**

- \_\_\_\_\_

**Important tasks I  
will achieve today**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**1 financial goal for  
the week**

- \_\_\_\_\_

**1 person I will  
connect with today**

- \_\_\_\_\_





Questions?

# Satisfaction Survey

Please scan the QR code to fill out



# References

Scan the QR below

