

## EMPLOYEE ASSISTANCE PROGRAM

# NATIONAL FAMILY CAREGIVERS MONTH

Millions of Americans will find themselves at some point being caregivers. Caregiving has its joys and emotional rewards, but it also has stresses that can take a serious toll on a caregiver's mental and physical health. It's normal at times to feel isolated, angry, frustrated, and overwhelmed. But when there's no relief from pressures and responsibilities, caregivers may suffer from depression, anxiety, exhaustion, and even develop physical illnesses.

Staying healthy and resilient benefits the caregiver and the person receiving care. Here are ways that caregivers can take care of themselves:

- Contact EAP for support and help to find caregiving resources in your community.
- Carve out time each week to shut down from caregiving and focus on yourself.
- Stay in contact with friends and reach out to others who are supportive. Accept offers of help.
- Stay on top of your own health needs. Don't neglect your own mental or physical health and see a healthcare provider if you're feeling sick, anxious, depressed, have trouble sleeping or eating, or are due for a physical, immunizations, or other screenings.
- Set boundaries with your time and energy. Learn to 'just say no' to requests that only put extra pressure on you.
- Consider joining a support group.
- Be kind to yourself and recognize that you're doing the best that you can.

