

FAMILY AND FRIENDS

caregivers

OF THE NORTHWEST



Caregiver Corner

CAREGIVER BURNOUT

Let's face it...being a family or friend caregiver has its challenges. These caregiving champs often have to juggle their own family and their own job and their own life while caring for someone who needs a little help. But that little bit of help can often lead into more and more responsibility. And this is where caregiver burnout can happen. Symptoms can include exhaustion, irritability, and feeling overwhelmed. When caregivers neglect themselves, it can affect their health and well-being as well as affecting their family and loved ones.

3 ways to prevent caregiver burnout:

1. Talk to someone about your caregiving responsibilities. It can be a pretty heavy load to carry on your own. Some caregivers may feel like they shouldn't complain but acknowledging the strain it's having on your own life can be a big relief. So, if you need someone to unload on... call our Caring Team 778-634-0134. They offer a friendly ear and tons of inspiration and information.
2. Make time for yourself and don't feel guilty about it. It is important for caregivers to prioritize and set aside time to do some of their favs. Remember...you can't pour from an empty cup, so go to the movies, eat ice cream, curl up with a good book and cuddle with your favorite pooch. This is **absolutely necessary** to your caregiving role.
3. Exercise. A brisk walk or a yoga session can do wonders for the mind and body. It can rejuvenate you, clear your mind and give you the strength you need to keep giving. Terrace Hospice has reserved spots at Heal Yoga specifically for caregivers. Give us a call to register.

The Terrace Hospice Society has many other programs to support caregivers. Reach out to our Caring Team 778-634-0134 to find out more.

Our Family and Friends Caregivers Support Program is funded by the Government of BC, managed by United Way, and supported by Family Caregivers of BC.



Terrace Hospice Society <http://caregiversofthenorthwest.org>

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