

Caregiver Stress

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At some point in our lives we make that shift



from being taken care of...

To being caregivers...



The truth is...





**KEEP
CALM
AND
GET READY**

caregiver



stress -0- meter

1. Recognize when you are stressed



2. Pin Point the cause(s) of your stress



3. Use the tools and resources you have to relieve your stress



Recognize:



- Physical Symptoms
- Unable to Focus
- Cranky Pants

Pinpoint Triggers:



- Afraid/Fearful
- Unbalanced
- Comfort Zone



Reduce Stress:



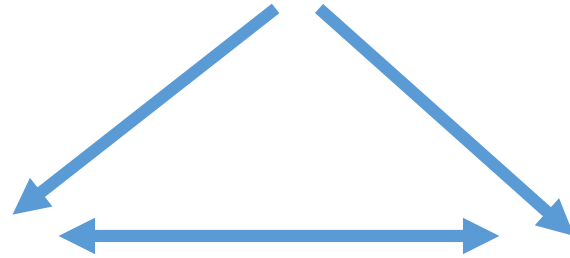
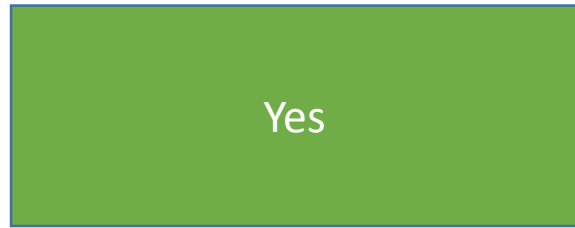
- Compassion
- Self Care
- Communicating Needs
 - Asking for help
 - Asking for compassion

caregiver



stress -G- meter

Control?



- Recognize trigger
- Stop the process
- Learn about what you need
- Plan for this to happen again
- Be ready
- Practice compassion, self care and communicating needs

- ID resources
- Reach out for support
- Let it go
- Practice compassion, self care and communicating needs



You always have a way to
control the way you
react to a situation



- With the person next to you...
 - Introduce yourself
 - Identify one stressor or trigger
 - Share how it affects you physically/mentally
 - Explore strategies for overcoming the stressors

- Plan to exercise
- Learn to meditate
- Practice mindfulness
- Eat well
- Take care of your health
- Create a system of support
- Do not be afraid to ask for help







Gratitude