

Self Analysis of Caregiver stress

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Care giving is putting too much stress on you if you have any of the following symptoms:

- Feeling overwhelmed
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Feeling tired most of the time
- Loss of interest in activities you used to enjoy
- Becoming easily irritated or angered
- Feeling constantly worried
- Often feeling sad
- Frequent headaches, bodily pains or other physical problems
- Misuse of alcohol or drugs, including prescription drugs

Emotional and physical strain of caregiving.

It can take many forms. For instance, you may feel:

- Frustrated and angry taking care of someone with dementia who often wanders away or become easily upset (crying easily).
- Guilty because you think that you should be able to provide better care, despite all the other things that you have to do.
- Lonely because all the time you spend caregiving has hurt your social life.
- Exhausted when you go to bed at night.

Although caregiving can be challenging, it is important to note that it can also have its rewards. Some carers do report that:

- They appreciate life more as a result of their caregiving experience.
- Caregiving has made them feel good about themselves.

How can I prevent or relieve stress?

- Humor: can I see the funny side of things and laugh?
- Letting go.
- Being present in the here and now.
