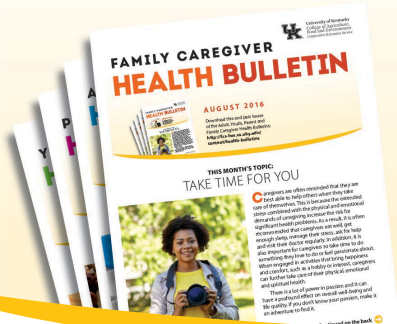




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAMILY CAREGIVER HEALTH BULLETIN



AUGUST 2016

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THIS MONTH'S TOPIC: TAKE TIME FOR YOU



Caregivers are often reminded that they are best able to help others when they take care of themselves. This is because the extended stress combined with the physical and emotional demands of caregiving increase the risk for significant health problems. As a result, it is often recommended that caregivers eat well, get enough sleep, manage their stress, ask for help and visit their doctor regularly. In addition, it is also important for caregivers to take time to do something they love to do or feel passionate about. When engaged in activities that bring happiness and comfort, such as a hobby or interest, caregivers can further take care of their physical, emotional and spiritual health.

There is a lot of power in passion and it can have a profound effect on overall well-being and life quality. If you don't know your passion, make it an adventure to find it.

Continued on the back ➔



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Disabilities
accommodated
with prior notification.

Think about something you love to do — not necessarily what you are good at — and try it.

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- “Keep the ‘yeah’ and kick the ‘but.’” According to world renowned life coach, Dr. Martha Beck, saying “yeah-but” encourages us to avoid doing or trying the things we love. Whereas embracing the “yeah” helps you embrace passion versus the “but” which can stop a person “dead in their tracks.”
- Think about something you love to do — not necessarily what you are good at — and try it.
- Consider things that you like to do that make you lose track of time.
- Reflect upon activities that you hate to stop doing.
- Remind yourself of what you liked to do as a child.
- Follow your curiosity.
- Learn to break out of your comfort zone, even at the risk of failure, to help yourself feel unstuck. The process may even help you discover things about yourself that you didn't know existed.
- Ask yourself what would you do if you had a million dollars and didn't have to work or provide care.

When engaged in activities that bring happiness and comfort, such as a hobby or interest, caregivers can further take care of their physical, emotional and spiritual health.



of rest, a person is not feeling refreshed or energized to embrace life and find passion, something more serious might be happening that needs professional attention. In such cases, it is important to make an appointment with a healthcare provider.

The bottom line: finding enjoyment and participating and immersing yourself in enjoyable activities helps beat stress, boost self-esteem and makes you an overall better caregiver. Meaningful activity can also provide you with a sense of purpose, while helping you take a temporary break from your worries. Due to the effects of caregiving on overall health and well-being, it is important to remember that finding a variety of ways to care for yourself is important. And when your needs are taken care of, the person to whom you are providing care will benefit too.

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According to Dr. Beck, there may be times when a person feels too tired, too exhausted or even too depressed to be passionate about anything. Or a person may only feel passion for disengaging through rest or sleep. In such cases, Dr. Beck believes that “shutting down” via the television, a book or sleep can actually be healing. She recognizes that “a tired body, a tired mind and a tired heart can't — and shouldn't — be passionate about anything but rest”. But she also stresses that if, after a few weeks

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