



## Caregiver Stress

Alzheimer's

Caring for a person with Alzheimer's disease or another dementia can be hard to manage and make you feel sad, angry or testy. The increased demand of caregiving can take a toll and lead to burnout.

### Signs of Caregiver Stress:

- Caring for a person with Alzheimer's disease or another dementia can be hard to manage and make you feel sad, angry & testy
- Feeling bitter
- Interrupted sleep
- Drinking, smoking, or eating more
- New or worsening health problems
- Neglecting other duties
- Cutting back on pastimes or social activities

As a caregiver, you have a higher risk for mind and body problems. Pay attention to the signs of distress and find other ways to take care of you.



## Tips

### Take care of your health care needs

- Get a good night's rest
- Eat balanced, healthy foods
- Include physical activity
- Go to your medical provider

### Stay social

- Spend time with friends and family
- Enjoy favorite hobbies
- Go to your spiritual or faith community

### Explore creative ways to take care of stress

- Try to relax, meditate, or do yoga
- Get in touch with your sense of humor and use it often
- Write down your caregiving successes
- Focus on what you can control

### Accept help

- Be willing to ask for help from family and friends
- Learn about and use community services
- Go to a support group to learn how to cope
- Seek out counseling, advice, or support



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For more information, visit [BannerHealth.com/Alzheimers](https://BannerHealth.com/Alzheimers) or tune in to our podcast, *Dementia Untangled*