



How to Recharge Your Body & Mind

Do you feel overwhelmed? It may be a sign that you need to recharge. Endless “to-do” lists, double-booked calendars, and ongoing family responsibilities can leave you feeling depleted. Burnout can creep up quickly, and often at the most inconvenient times.

Here are some things you can try when you need to recharge:

Do therapeutic yoga - Therapeutic yoga has been shown to improve flexibility, strength, and even lung function. The movements commonly associated with yoga also help relieve muscle tension.

Take a cold shower - Being immersed in cold water causes blood vessels to constrict, thereby increasing blood flow. This increases the amount of oxygen that gets supplied to your cells and helps remove toxins more quickly.

Get some nature therapy - Spending time outside in nature, sometimes referred to as forest bathing, has shown promising results with reducing depression, anxiety, and fatigue.

Sleep - Getting at least seven hours of restful sleep each day is essential for good health. Sleep enhances cognitive function, which is essential for good problem-solving and reasoning skills.

References:

<https://www.psychologytoday.com/us/blog/how-healing-works/201905/how-recharge-your-mind-and-body-therapeutic-yoga3>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management>



What is a Caregiver?

“There are only four kinds of people in this world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Caregiving is universal.” - Rosalynn Carter

In simple terms, a caregiver is a person who tends to the needs or concerns of a person with short- or longterm limitations due to illness, injury, or disability. The term “family caregiver” describes individuals who care for members of their family of origin, but also refers to those who care for their family of choice.

[Click her to learn more about what it is to be a caregiver.](#)

Support Guide for Caregivers

Reaching out for assistance not only helps you, but it also benefits the people you care for. If you need support, don't hesitate to reach out. Local community organizations and caregiver support groups can also connect you with a wide range of support services. If you or someone you know is struggling as a caregiver, here are some helpful resources:

1. Sotera Health Global Employee Assistance Program: Work Place Options

WEBSITE:

<https://global.helpwhereyouare.com>

Code: **Sotera**

EMAIL:

support@resourcesforyourlife.com

DOWNLOAD THE APP:

iConnectYou

2. Embracing Carers - *Global*

Provides worldwide caregiver support and resources.

WEBSITE:

<https://www.embracingcarers.com/us-en-resources-for-carers-around-the-world/>

3. A Place for Mom - *US & Canada*

Simplifies the process of finding senior living and home care with personalized guidance at no cost to families.

WEBSITE:

<http://aplaceformom.com>

4. Caring Bridge - *US Only*

Makes it simple and safe to offer or ask for support when it's needed most.

WEBSITE:

<http://caringbridge.org>

5. Caregiver Action Network - *US Only*

Provides education, peer support, and resources to family caregivers free of charge.

WEBSITE:

caregiveractionnetwork.org

Self-Care Tips for Caregivers

Caregivers frequently experience high rates of burnout which is why regular self-care is essential. Self-care helps ensure you are healthy enough to continue offering support to loved ones.

Here are some simple self-care strategies to cope with the stress associated with caregiving:

Build a strong support system: Join a support group, community organization, or network geared toward supporting caregivers. Not having a strong support system can make you more vulnerable to burnout and compassion fatigue.

Practice deep breathing exercises: Deep breathing can help reduce anxiety and blood pressure. In stressful moments, take a moment to do some deep breathing before responding.

Be physically active: Physical activity triggers the release of endorphins that can help relieve stress and tension. Take periodic breaks from providing care and recharge your emotional batteries.

Create a daily self-care routine: Create a list of self-care activities that you do on a regular basis. Creating a self-care routine makes it less likely that you'll forget.

Get good sleep: Make it a priority to get good quality sleep. Your body needs rest to recover from the physical, mental, and emotional stress of caregiving.

Reach out for support: Learn how to recognize signs of caregiver burnout and know when to reach out for support. Keep a running list of what you need help with and let friends know how they can help.

References:

Family Caregiver Alliance. A Guide to Taking Care of Yourself. Accessed Aug 28, 2023.

Mayo Clinic. Caregiver stress: Tips for taking care of yourself. Published Aug 09, 2023. Accessed Aug 31, 2023.

Cleveland Clinic. Self-Care Tips for Caregivers: Your Health Matters, Too. Published Feb 24, 2023. Accessed Sept 5, 2023