

Coping Skills for Caregivers

Stress Management

- Exercise.
- Talk to someone about your worries and concerns.
- Know your limits and set limits.
- Make time for fun.
- Know what you have to do and do one thing at the time.
- Know it's okay to cry.
- Avoid self-medicating with alcohol or drugs.

Time Management

- Know that some time will be spent on activities beyond your control.
- Make a daily "to do" list.
- Do the most important/difficult things first.
- Save up similar errands to do at one time or in one trip.
- Take along a small task if you know you will have to wait somewhere.
- Conduct an appraisal of the things you must do. Delegate one you can. Forget unnecessary ones.

Decision-Making

- Define and clarify the issue.
- Set up criteria that any solution or decision should meet. For example, is there time? Is it affordable?
- Select the best possible solution for everyone involved.
- Design a plan of action.

Life-Style Management

- Exercise.
- Get enough sleep and rest.
- Maintain a sense of humor.
- Use positive self-talk.
- Develop and use a support system.
- Eat right.
- Take time to relax.
- Get regular medical and dental check-ups.

