

A photograph showing a caregiver in blue scrubs sitting on a white surface, holding a black tablet. The caregiver's hands are gently holding the hands of an elderly patient wearing a beige cardigan. The patient's hands are resting on the caregiver's lap. The background is a blurred clinical setting.

# CAREGIVER STRESS AND TIPS

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# Am I experiencing caregiver stress?

## Common signs and symptoms



Finding **no meaning** in caregiving



Loss of **appetite**



**Insomnia**



Chronic **fatigue**



Feeling **hopeless and helpless**



**Withdrawal** from family and friends

# How can I manage caregiver stress?

## Practise self-care



Get enough **rest**



**Positive** self-talk



**Physical activities**  
and other hobbies



**Meditation, yoga, taichi,**  
or **qigong**

## Seek support



Talk to supportive  
**friends and family**



Join **support groups**



Make use of **respite care**



Seek **professional help**

# How can I manage caregiver stress?

## Practise self-care

- Positive self-talk
- Tell yourself daily that you are helping the person in your care even if you do not do everything well; you are doing everything with love and you are improving

## Make use of respite care

- Take a rest first so you are more able to care for others



## Join support groups

- Hospital support groups
- Community support groups
- Online communities

## Seek professional help

- From a therapist, counsellor or spiritual advisor