

Kepro is now **Acentra Health**
New name, same great program!



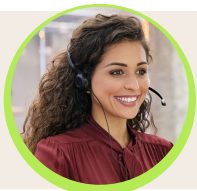
Care for the Caregiver

More than one in five Americans provide care to a child or adult, and sometimes to more than one person at a time. As rewarding as helping someone else can be, it presents many stressors that can take a toll on the caregiver's physical and emotional health. The following are some tips to help reduce caregiver stress.

- **Reach out for help and accept it.** Start by making a list of what could help ease your stress. This looks different for everyone, but could include asking a family member to take over for you for a stretch of time.
- **Give yourself credit for the help you are providing.** Instead of focusing on all the ways you feel like you're falling short, remind yourself you are doing what you can.
- **Break tasks down into smaller parts.** To avoid getting overwhelmed, break a large task or goal into smaller pieces that are more attainable.
- **Learn about available resources.** There are many resources in place to help support those in need of care, including ride services, meal delivery, and house cleaning. Call your EAP to have a list of these resources prepared for you.
- **Join a support group.** Group members relate to each other's experiences and share solutions that have worked for them.
- **Connect with others.** Maintain contact with people in your life who are supportive and uplifting.
- **Prioritize your wellbeing.** It is not always easy, but the more caregivers can get quality sleep, exercise, eat well, and stay well hydrated, the better they can cope with the demands and stress of caregiving.
- **Attend your healthcare appointments.** Make sure to keep up with your annual screenings and checkups so you remain healthy.

Your EAP is here to help you manage the challenges that come with caregiving. Log onto the website below to access helpful articles and tips or call to schedule an appointment with a counselor for professional advice and guidance.

Mayo Clinic Staff. "Caregiver Stress: Tips for Taking Care of Yourself". Mayo Clinic. Accessed September 25, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>



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