



Relate to Any of These Symptoms? Don't Ignore the Signs of Stress!

Are you so overwhelmed by taking care of a loved one that you have neglected your own physical, mental and emotional well-being? If you find yourself without the time to take care of your own needs, you may be putting yourself and your health at risk. Do you experience any of these symptoms?

1. **Denial** about the disease and its effect on the person who's been diagnosed.
"I know Mom is going to get better."
2. **Anger** at the person that needs care or others, anger that no cure exists or anger that people don't understand what's going on.
"If he asks me that question one more time I'll scream!"
3. **Social withdrawal** from friends and activities that once brought pleasure.
"I don't care about getting together with the neighbors anymore."
4. **Anxiety** about facing another day and what the future holds.
"What happens when he needs more care than I can provide?"
5. **Depression** that begins to break your spirit and affects your ability to cope.
"I don't care anymore."
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks.
"I'm too tired for this."
7. **Sleeplessness** caused by a never-ending list of concerns.
"What if she wanders out of the house or falls and hurts herself?"
8. **Irritability** that leads to moodiness and triggers negative responses and actions.
"Leave me alone!"
9. **Lack of concentration** that makes it difficult to perform familiar tasks.
"I was so busy, I forgot we had an appointment."
10. **Health problems** that begin to take their toll, both mentally and physically.
"I can't remember the last time I felt good."

At Providence Rest, we help family members everyday deal with difficult decisions related to the care of their loved one. If you experience any of these signs of stress on a regular basis, make time to talk to your doctor, and reach out to our professional care team to learn how our Long Term Care service can benefit both you and your loved one. Call (718) 931.3000 today!

Adapted from 'Take care of yourself: 10 ways to be a healthier caregiver' -Alzheimer's association