

Are you at Risk? Symptoms of Caregiver Stress

Here is a summary of what stress feels like. Check off the symptoms you experience when you are under stress. Are you experiencing any of these symptoms now?

- | | |
|-------------------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Neck and shoulder tightness | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Forgetfulness |
| <input type="checkbox"/> Trouble sleeping | <input type="checkbox"/> Poor concentration |
| <input type="checkbox"/> Weight change | <input type="checkbox"/> Low productivity |
| <input type="checkbox"/> Stomach upsets | <input type="checkbox"/> Negative attitude |
| <input type="checkbox"/> Increased use of alcohol, drugs, tobacco | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Fear and worry | <input type="checkbox"/> Weariness |
| <input type="checkbox"/> Mood swings | <input type="checkbox"/> Boredom |
| <input type="checkbox"/> Crying spells | <input type="checkbox"/> Feelings of isolation |
| | <input type="checkbox"/> High blood pressure |

Ways to Cope With Stress

Probably the simplest way to reduce your stress is to do something you enjoy and find relaxing. *Here are a few of the many things you can do to manage your stress and relieve the tension. Check off the ways you cope with stress. Add new strategies and goals for yourself each month.*

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|---------------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Work in your garden |
| <input type="checkbox"/> Spend some time outside | <input type="checkbox"/> Get a massage |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Do relaxation exercises |
| <input type="checkbox"/> Take a long, hot bath | <input type="checkbox"/> Curl up with a good book |
| <input type="checkbox"/> Play with a pet | <input type="checkbox"/> Visit with a good friend—either in person or on the phone |
| <input type="checkbox"/> Listen to relaxing music | |