

Caring for Yourself While Caring for Others

Millions of people provide unpaid care for elderly family members, other-abled adults, or children with special needs. Caregivers report higher levels of stress than those who are not caregivers. With support, caregivers can better manage their stress while caring for loved ones.

Ways to Combat Caregiver Stress:

- **Take care for yourself first.** Eat right. Exercise. Get enough sleep. Helping yourself first will give you stamina and improve your mood.
- **Ask for help.** People often want to help you but don't know what you need. Be specific: let them know how they can help you, like making a meal, providing transportation to appointments or walking pets.
- **Check Family Leave options** through your employer. If you hold another job, taking time away from your employment can help you focus on your needs and those of the person you are caring for.
- **Seek out Caregiver Support Groups** or behavioral health counseling for caregivers.
- **Take mini renewal breaks** – a walk, long bath, massage or visit with a neighbor.
- **Contact an Elder Care Specialist** to identify support services.

NuVantage can be part of your support team with counselors who specialize in caregiver stress. In addition to in-person or telephone support, our website has a wealth of caregiver information on the Wellness Portal available 24/7. Enter "wellness" as the password on the Wellness Portal at www.NuVantage.org.

You and your immediate family members are eligible to receive services through NuVantage.

Free and confidential.
24 hours a day, 7 days a week.

800.577.4727

www.NuVantage.org | nuvantage@lssmn.org

Online wellness portal password: wellness



**Lutheran
Social Service**
of Minnesota

Provides NuVantage Employee
Resources as a service



Imagine new possibilities.
Create solutions that work for your life.

The Fabulous Benefits of Sleep

A full night's sleep has proven to benefit both your body and your mind. Most adults need seven to nine hours of sleep each night to be at their best.

In *Why We Sleep* author and researcher Matthew Walker, PhD, outlines how each system in the human body is renewed and improved as you sleep. He reports that getting adequate sleep can reduce rates of cancer, dementia, mental illness and weight gain.

Improving your sleep habits can improve your health and your mood. Log your sleep times for one week – then see if you are getting enough. If you are lacking sleep, identify ways you can make changes to add adequate sleep to your schedule.



Caregivers Need Care, Too

NuVantage Eldercare and Behavioral Health Counselors support you as you nurture others. Find your internal source of strength and renewal under the guidance of a compassionate listener.

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Contact Us Today!

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