

## Caregiver Peer Support Newsletter

*Taking Care of Those Who Care*

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### Managing Caregiver Stress and Preventing Burnout

Welcome to this edition of our Family Peer Support Newsletter! This week, we focus on caregiver stress and burnout—something many of us face but don't always talk about. You are not alone in this journey, and there are ways to protect your well-being while continuing to care for your loved one.

### Recognizing Caregiver Burnout

Burnout doesn't happen overnight. It builds up over time, leading to physical, emotional, and mental exhaustion. Here are some common signs:

- Feeling constantly drained or fatigued
- Increased irritability or feelings of hopelessness
- Difficulty sleeping or changes in appetite
- Withdrawing from friends and family
- Losing interest in activities you once enjoyed

If you recognize these signs, it's time to prioritize your well-being.

### Strategies to Reduce Stress and Prevent Burnout

Taking small steps to care for yourself can make a big difference. Here are some strategies to help:

- **Give Yourself Permission to Rest:** Taking a break is not selfish—it's necessary.
- **Seek Support:** Whether through a support group, family, or friends, talking to someone who understands can lighten the load.
- **Set Realistic Expectations:** No one can do everything perfectly. Focus on what's possible, not perfection.
- **Prioritize Self-Care:** Even small actions, like deep breathing, short walks, or listening to music, can help reduce stress.
- **Ask for Help:** Reach out for respite care, delegate tasks, or accept offers of assistance.

### Community Spotlight

Have a self-care tip or story about overcoming burnout? We'd love to feature your experience in our next issue! Email us at [jennifer.hatunoglu@escco.org](mailto:jennifer.hatunoglu@escco.org).

## Upcoming Support Group Meeting

Join us as we share strategies and support each other in a safe space.

- **Date:** Wednesdays
- **Time:** 6-7:30
- **Location:** Zoom

<https://us06web.zoom.us/j/82883299074?pwd=pydcyKkFNPD9LUOguJ06pjV7aPpxW0.1>, Meeting ID: 828 8329 9074, Passcode: 568187, One tap mobile call +13017158592,,82883299074#,,,,\*568187#)

You give so much—remember that your well-being matters too. Let's continue to support each other on this journey.

**With Care,**  
Jennifer Hatunoglu