

Stress relieving activities



- Spend time in prayer. Find a place to meditate or visit a place of worship.
- Walk around and enjoy your surroundings. Take other opportunities to be physically active.
- Eat sensibly. Avoid excessive use of caffeine and alcohol. Drink plenty of water and juices.
- Know and respect your limits. If you feel exhausted and need time off, take it.
- Spend time with family and friends. Talk to them. Listen to their stories. Listen to them if they become concerned with your health and well-being.
- Participate as much as possible in previous social and recreational activities.
- Rest well. If you have trouble sleeping, get up and do something relaxing or enjoyable.
- Share your own reactions and issues with friends. Don't hesitate to ask others for advice.
- Include yourself on the list of people you are taking care of. Take some time to do something just for yourself every day. Taking care of yourself will put you in better shape to give care to others.



About Us

Burans is the name of the rhododendron flower which spreads color and hope around the hillsides of Uttarakhand each spring.

Contact us

burans@eha-health.org
projectburansdehradun@gmail.com
Please ring this number to contact your nearby Burans community worker

Doon Hospital- New Rd, Dehradun.
ph: (0135) 2659355
Landour Community Hospital- Mussoorie.
ph: (0135) 2632 053
Herbertpur Christian Hospital-Herpertpur
ph: (0136) 0253323.
State Mental Health Institute Selaqui
-Selaqui, Dehradun
ph:(0135) 2698044

Project Burans is a partnership project with Emmanuel Hospital Association (EHA) (www.eha-health.org) and the Uttarakhand CHGN Cluster. We are a partnership project led by Emmanuel Hospital Association, working with HOPE, SNEHA and OPEN.

Care for yourself too



-Ideas for people who are caregivers of family members



ProjectBurans
working with communities for mental health in Uttarakhand



A PROJECT OF EMMANUEL HOSPITAL ASSOCIATION



Causes of stress

Caring for a family member with a mental illness or intellectual disability is known to be a stressful and difficult job. Of people who are caregivers will have many years of having to take an additional burden of more household responsibilities, sometimes increased financial tensions, supporting their family member in going to see health providers and sometimes also increased physical burdens such as helping with dressing. There are sometimes also emotional and mental stresses added in trying to keep their family member happy and in trying to avoid conflict or disagreements. These are all common experiences and we know that caregivers also need to be cared for, sometimes also need support and medicine to be well. This brochure provides some information about the burden of caregiving and suggestions on actions that all can take to stay more mentally healthy and strong and to be better at managing tension in our lives. Sometimes it is enough to take steps we suggest in this brochure. Some people also find that they are struggling so much with the burden of caregiving that they need to see a doctor and get more treatment. Ask the Burans project staff member who gave you this brochure to give you advice about different forms of support and treatment that may help you.

Causes of increased tension among caregivers:

- Difficult to keep every one in the house happy
- Pushing themselves too hard
- Mental and physical demands
- Heavy workloads
- Long hours on caregiving
- Time pressures
- Limited resources
- Competing priorities
- Lack of sleep
- Difficult to say 'no' when the person with disability or mental disorder is demanding or has high needs.



Ten symptoms of caregiver stress

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



Take a break

Here are 5 simple steps to well-being. Which of these do you do already? Can you try out two new steps this week?



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

WINNING WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

