

5 Tips to Avoid Caregiver Burnout



Maintaining your own well-being is a vital part of being a better and healthier caregiver. Follow these five tips to protect yourself from burnout:

1. Manage stress levels with breathing exercises, meditation, and other relaxation techniques.
2. Take a break when you need one, and ask family and friends for help.
3. Seek professional help if you're experiencing stress and depression.
4. Eat well, get plenty of rest, engage in physical activity, and dedicate time to your favorite activities and hobbies.
5. Attend a caregiver support group and connect with others. Visit the Alzheimer's Association (alz.org) for resources, and contact your local Watermark community about upcoming support groups.

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

