

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.

An Empathy-Based Approach to Memory Care

Our supportive and welcoming Thrive Memory Care program specializes in caring for individuals living with Alzheimer's disease and dementia. Certified through the National Council of Certified Dementia Practitioners, specially trained universal caregivers known as *Nayas* incorporate each resident into the rhythms of daily living, cultivating a sense of community, connection, well-being, and peace of mind for the entire family.

Contact us today to learn more and schedule a private tour.
You're not alone – we are here to help.

