

## Tips to manage stress

If you experience signs of stress on a regular basis, consult your doctor. Ignoring symptoms can cause your physical and mental health to decline.

- **Know what resources are available.**  
Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks. Use our online Community Resource Finder or contact your local Alzheimer's Association chapter for assistance in finding Alzheimer's care resources in your community. Use Alzheimer's Navigator, our free online tool that helps evaluate your needs, identify action steps and connect with local programs and services.
- **Get help.**  
Trying to do everything by yourself will leave you exhausted. Seek the support of family, friends and other caregivers going through similar experiences. Tell others exactly what they can do to help. The Alzheimer's Association 24/7 Helpline (800.272.3900), online message boards and local support groups are good sources of comfort and reassurance.
- **Use relaxation techniques.**  
There are several simple relaxation techniques that can help relieve stress. Try more than one to find which works best for you. Techniques include:
  - Visualization (mentally picturing a place or situation that is peaceful and calm)
  - Meditation (which can be as simple as dedicating 15 minutes a day to letting go of all stressful thoughts)
  - Breathing exercises (slowing your breathing and focusing on taking deep breaths)
  - Progressive muscle relaxation (tightening and then relaxing each muscle group, starting at one end of your body and working your way to the other end)
- **Get moving.**  
Physical activity — in any form — can help reduce stress and improve overall well-being. Even 10 minutes of exercise a day can help. Take a walk. Do an activity you love, such as gardening or dancing.
- **Make time for yourself.**  
As a caregiver, it's hard to find time for yourself, but staying connected to friends, family and activities that you love is important for your well-being. Even if it's only 30 minutes a week, carve out a pocket of time just for yourself.
- **Become an educated caregiver.**  
As the disease progresses, new caregiving skills may be necessary. The Alzheimer's Association offers programs to help you better understand and cope with the behaviors and personality changes that often accompany Alzheimer's.
- **Take care of yourself.**  
Visit your doctor regularly. Watch your diet, exercise and get plenty of rest. Making sure that you stay healthy will help you be a better caregiver.