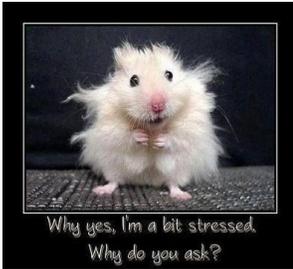


Stress Management



Let's face it—the past six months have been very stressful for everyone. Providing care for others during this pandemic can lead to stress, fear,

anxiety...and more. How you cope with these emotions affects not only your well-being, but also the care you give your residents. This newsletter explores what stress looks like, offers practical ways to deal with stress, and provides resources if you need help...

Symptoms of Stress

Do you have any of the following symptoms of stress?

- Feeling annoyed, angry, or in denial
- Feeling uncertain, nervous, or anxious
- Feeling helpless or powerless
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

Did you know...
You will be better able to care for others when you are able to manage your stress and meet your own needs.



Tips to Help You Cope

The following are some tips to help you manage your stress:

- ⇒ Talk about work stress with co-workers and your supervisor.
- ⇒ Share how the pandemic is affecting your work.
- ⇒ Ask for help in finding ways to cope.
- ⇒ Learn about mental health resources in your workplace or community.
- ⇒ Remind yourself that everyone is facing their own stress.
- ⇒ Accept those things over which you do not have control.
- ⇒ Know that you are doing the best you can.
- ⇒ Keep a daily routine when possible.
- ⇒ Try to get enough sleep.
- ⇒ Bring healthy meals and snacks to work if possible
- ⇒ Do things you enjoy while not at work.
- ⇒ Spend time outdoors.
- ⇒ Stay informed, but limit the amount of news and social media you read, watch, or listen to.
- ⇒ If you feel you may be misusing alcohol or other drugs (including prescriptions), ask for help.
- ⇒ Remember to focus on your breathing to help calm down and clear your mind.
- ⇒ Stay connected with friends and family.

(Information on this page provided by
Centers for Disease Control and Prevention
article, *Healthcare Personnel and First Responders:
How to Cope with Stress and Build
Resilience During the COVID-19
Pandemic*; 5/5/20)

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>

Resources Are There to Help!

You are not alone.

If you're like many caregivers, you have a hard time asking for help. Rather than struggling on your own, take advantage of resources available to you.

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's National Helpline:
(800) 662-HELP (4357)



<https://www.samhsa.gov/>



National Suicide Prevention Lifeline
(800) 273-TALK (8255)

<https://suicidepreventionlifeline.org/>

For a map of Community Mental Health Services programs in your county, click on:

<https://www.michigan.gov/>

[mdhhs/0,5885,7-339-](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4899-178824--,00.html)

[71550_2941_4868_4899-178824--,00.html](https://www.michigan.gov/mdhhs/0,5885,7-339-71550_2941_4868_4899-178824--,00.html)



A Reminder— Don't Forget Humor!



There are numerous benefits of humor, including improving your overall health and well-being.

What are some other benefits?

- ◆ Improves communication
- ◆ Boosts your spirit
- ◆ Makes difficult tasks or situations feel lighter
- ◆ Great way to cope
- ◆ Eases stressful situations
- ◆ Reduces tension

How to use humor.....

- Laugh at yourself!
- Share something funny with others
- Watch funny videos or movies
- Tell someone a joke
- Listen to children laugh
- Try to find humor in stressful situations



To Report Abuse, Neglect, or Exploitation

Of a nursing home resident by a staff member:
Call State of Michigan LARA: (800) 882-6006

Of an older adult living at home, in assisted living, adult foster care, home for the aged, or a nursing home, by anyone who is *not* a staff member:

Call Adult Protective Services: (855) 444-3911

If you think a crime has occurred: Call your local police/sheriff department (and LARA)—If the danger is immediate, call 911

Thank you for
all you do to
assist your
residents!



For More Information

Long Term Care Ombudsman: (517) 394-3027

Tri-County Office on Aging: (800) 405-9141

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Written by: **Tammy Cordes**
Michigan Elder Justice Initiative

15851 South U.S. 27
Lansing, MI 48906
517-827-8030

Questions or comments? Contact **Tammy Cordes**
at: tcordes@meji.org

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