



**CAREGIVERS**



## DO YOU HAVE CAREGIVER BURNOUT?



1. YOU NO LONGER FIND PLEASURE IN THINGS YOU ONCE FOUND ENJOYABLE.
2. FRIENDS AND FAMILY HAVE EXPRESSED CONCERNS ABOUT YOUR WELL-BEING.
3. YOU'RE GETTING NEGATIVE FEEDBACK AT WORK.
4. YOU'RE HAVING PROBLEMS WITH YOUR SPOUSE.
5. YOU EXPERIENCE INTENSE AND RECURRENT FEELINGS OF ANGER, SADNESS, WORRY OR FEAR.
6. YOU HAVE DIFFICULTY CONCENTRATING.
7. YOU HAVE TROUBLE SLEEPING, DRASTIC WEIGHT CHANGES OR OTHER UNEXPLAINED HEALTH PROBLEMS.
8. YOU USE A SUBSTANCE TO COPE WITH, MANAGE OR SUPPRESS PAINFUL FEELINGS.



## Only Another Caregiver Understands

- ... that going to the grocery store is like a mini-vacation
- ... what "running on empty" really means
- ... the resentment, frustration, love, loneliness, anxiety and fear
- ... how much you feel depended upon

# COPING WITH CAREGIVER BURNOUT

## Main Causes

- Prioritize the needs and interests of their loved ones
- Have unrealistic expectations
- Lack of support from family
- Juggle multiple commitments



## Signs of burnout

- Anxiety, depression
- Constantly feeling exhausted
- Neglecting your wellbeing
- Falling sick more often
- Changes in sleep patterns
- Changes in appetite/weight

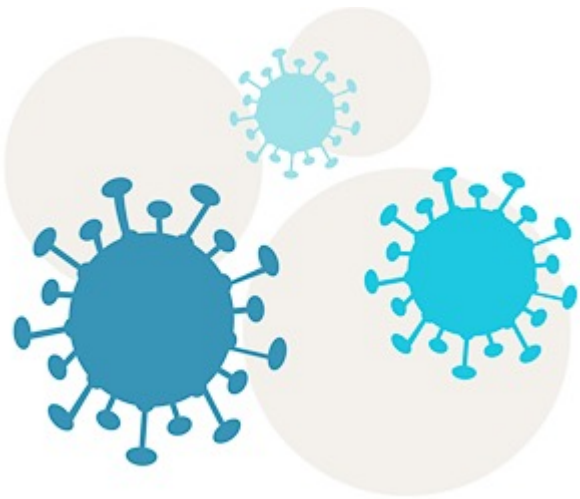
...and more

## Prevention Tips

- Set realistic expectations
- Embrace your role as caregiver
- Practise self-care
- Join a caregiver support group
- Take regular breaks
- Relax and meditate



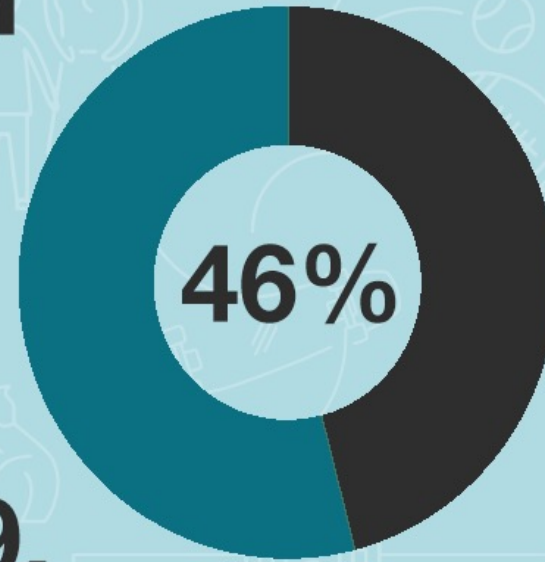
...and more



# **TAKING CARE OF YOUR MENTAL HEALTH DURING COVID**



**46% of people in  
Canada are  
experiencing  
anxiety or worry  
due to COVID-19.**



## Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

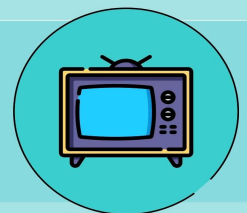
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

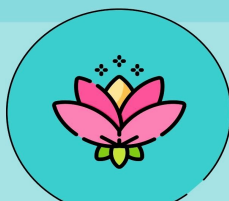
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



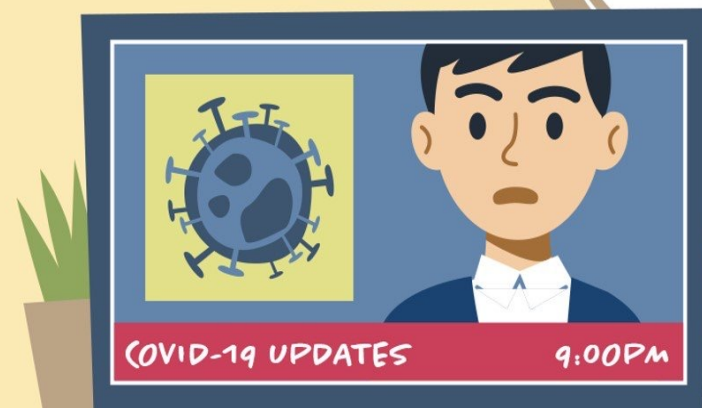
Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Choose a limited time each day when you will check #COVID19 updates.

Constantly listening to media coverage about #coronavirus can make you more anxious and upset.  
**#MentalHealth**



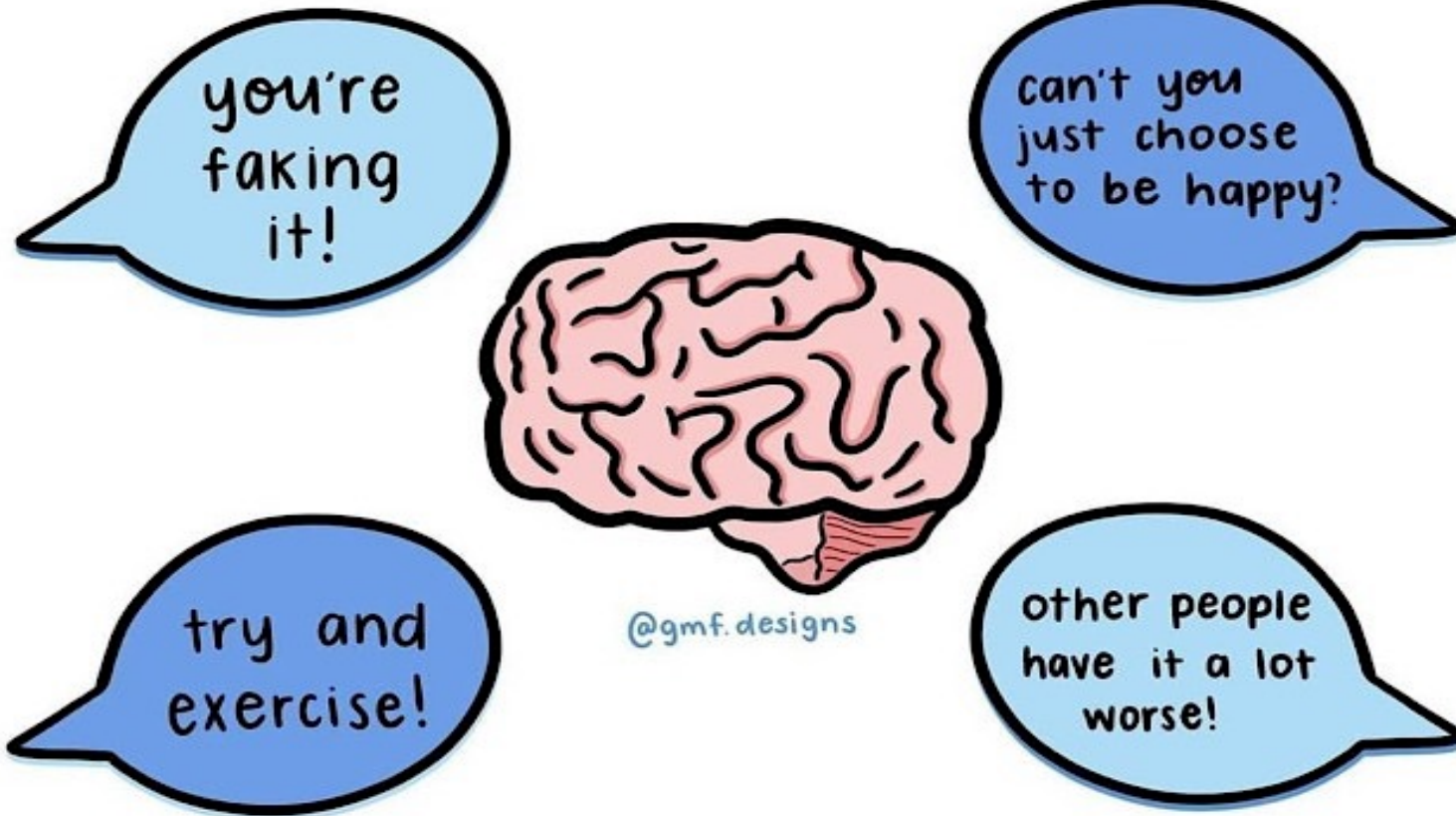
#MentalHealth #COVID19 #coronavirus

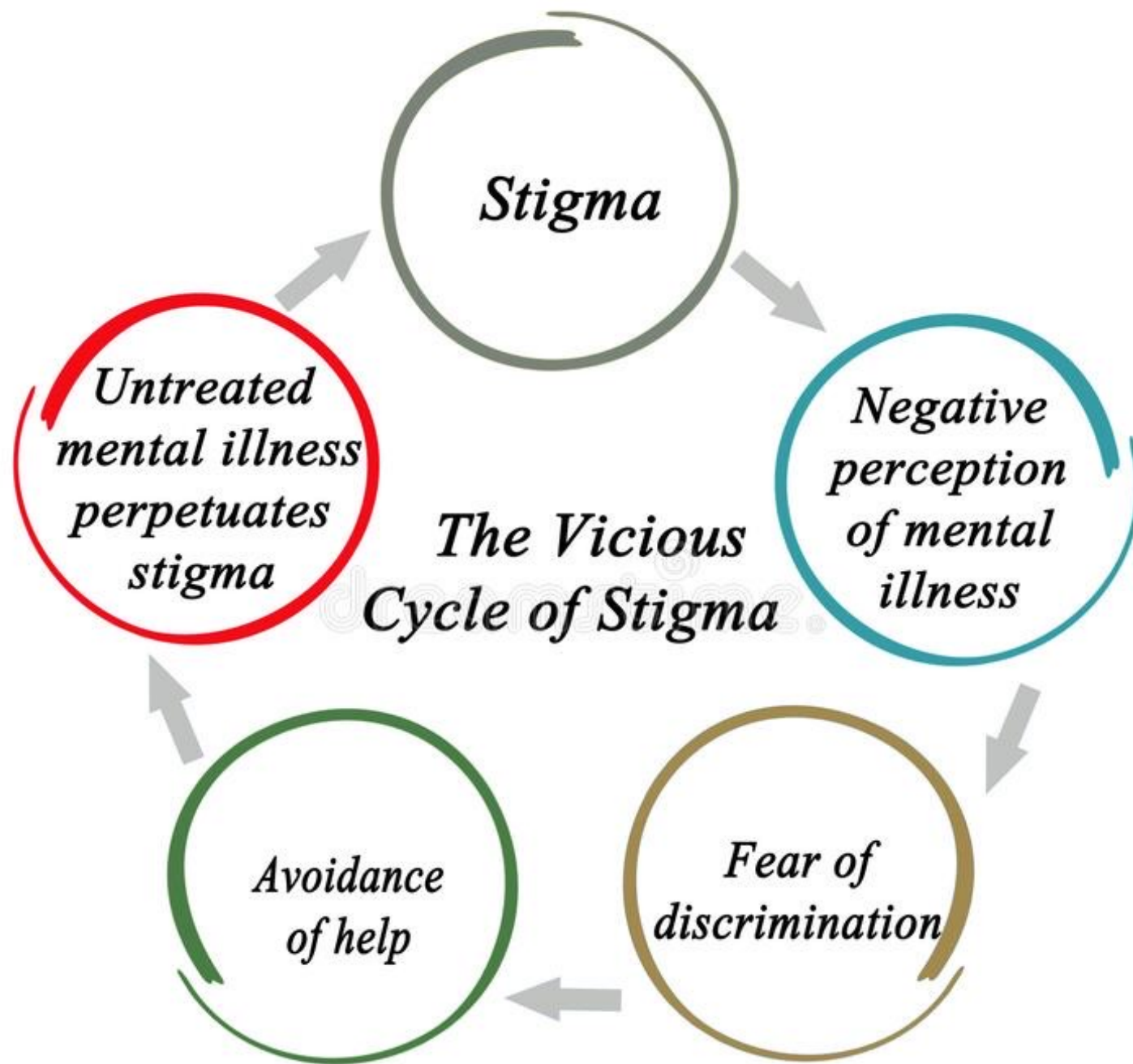


# HOW CAN WE REDUCE STIGMA AROUND MENTAL HEALTH?



# WHAT MENTAL HEALTH STIGMA SOUNDS LIKE





I feel that  
people are always  
judging me

**THE WORST PART ABOUT  
DEPRESSION**

**PEOPLE WHO DON'T HAVE IT  
THEY JUST DON'T GET IT**

MENTAL ILLNESS IS REAL.



EVEN IF YOU CAN'T SEE IT.

“

Mental illness is nothing  
to be ashamed of.  
Neither is talking about  
it. It's **#TimeToTalk**.

”

[time-to-change.org.uk](http://time-to-change.org.uk)



## #MENTALILLNESSFEELSLIKE



## Helpful Advice



When I hurt my back:



When I had depression:



DON'T WORRY.  
THE MENTAL  
ILLNESS IS JUST  
IN YOUR HEAD.



DON'T WORRY.  
THE DROWNING  
IS JUST IN  
YOUR CHEST.

