

THE CAREGIVER KIT

STRESS SCALE



HOSPICE
of michigan

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SIX HELPFUL TIPS TO RELIEVE STRESS

Breathe. It sounds like a cliché, but a deep breath now and then really can help.

Listen to Music. We all learned that “music hath charms...,” and it’s true. Try to take a break and listen to something calming when you are feeling overwhelmed.

Exercise. Even a few minutes can make a difference. Exercise releases *endorphins*, which can improve your mood almost instantaneously.

Call someone. You can’t do it alone. Don’t wait for family members to ask if you need their help. Call them. And call a friend when you need someone to talk to.

Try to eat right. Stress levels and a proper diet are closely related. Maintain a healthy diet for yourself AND your loved one.

Drink tea. Herbal teas, such as green tea, include antioxidants, as well as *theanine*, an amino acid that has a calming and soothing effect on the nervous system.