

1-800-798-0988

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CAREGIVER NEWS

Stress Management & Relaxation Breathing

For many caregivers, stress management is a key area of concern when addressing a challenging caregiving journey. Stress Busting Techniques are an excellent tool for any caregiver to have in their arsenal when working through stressful tasks or moments. Beginning your journey into stress management can be as simple as taking notice of how you breathe. The way we breathe while under stress impacts our ability to release tension & de-escalate the stressors triggering our fight or flight response. In most cases, when you're under stress your breathing becomes shallow and rapid. This short, quick breathing can cause our muscles to tense & hold stress in our bodies. One way we can counteract this stress response is by learning to breathe slowly & deeply in a meditative practice that makes it difficult to maintain tension in the body. Known as Relaxation Breathing, this stress management technique when used properly can help us to let go of tension, relieve headaches, backaches, stomach aches, & sleeplessness. Relaxation Breathing accomplishes this by using deep, diaphragmatic breaths in counts of 4 that work to release endorphins, our body's natural painkillers, into our systems. In turn, endorphins allow our blood pressure to return to its normal state. Relaxation Breathing is just one of the several stress management techniques we learn and practice in our Stress Busters Caregiver Support Groups!

Caregiver Support— one-on-one support services with Caregivers feeling overwhelmed in their caregiving role with the goal of reducing stress and strengthening their natural support system.

Care Coordination— professionally certified Care Coordinators provide free, in-home assessments to identify and set up supports for individuals living independently in the community.

LTC Ombudsman— meet with nursing home residents to help resolve concerns or complaints. They provide a listening ear to residents and families.

Adult Protective Services— investigate and resolve reported cases of self neglect, abuse, neglect, or financial exploitation for older adults, (over age 60) and adults with disabilities (age 18-59).

Money Management Program— assist individuals with bill paying, writing checks, budgeting and balancing their checkbook.

Bridges Community Center- Aging & Disability Resource Center for the lower two thirds of LaSalle County. Offering options counseling and assistance with benefits registration including Medicare, Medicaid, state supported programs, or other available benefits. Bridges offers a full calendar of events for active older adults.



4x4 Relaxation Breathing

To practice the 4X4 breathing technique, follow these steps:

- Place your hand on your abdomen, slightly above your belly button
- Inhale, making sure your diaphragm is rising as you breath in, for a count of 4
- Hold for a count of 4
- Exhale for a count of 4
- Hold for a count of 4
- Repeat for 4 or more breaths

To unsubscribe to this newsletter please call 309-277-0167 or email ehanna@alternativesforyou.org & you will be taken off the mailing list. Thank you.

It is Alternatives' mission to promote the independence & quality of life for older adults, adults with disabilities, & their families.

Alternatives programs have served 10 Counties in Midwestern Illinois since 1984.

Designated by the State of Illinois, Alternatives is the lead advocate for adults over 60 and their caregivers in their service area of Rock Island, Henry, Mercer, LaSalle, Putnam, Knox, Henderson, Warren, Bureau, and McDonough Counties.

Additionally, Alternatives' Ombudsmen serve Brown, Hancock, Schuyler, Adams, Pike, and Calhoun Counties.



Do you provide care for a loved one with memory loss or dementia?

Who

Family caregivers of a loved one with memory loss or dementia
 Caregivers coping with the stress of caring
 Caregivers looking to care for themselves, too

What

Learn stress management techniques, relaxation, & coping strategies
 Workbook & materials for take home study & practice
 Holistic program focused on the caregiver
 Meets 90 minutes weekly for 9 weeks
 Small group size

Local senior service providers are partnering with Alternatives' Caregiver Counselors to provide this new program

Mercer County Senior Citizen Center
 137 W Main Street
 Aledo, IL 61231



When:
Fridays, July 7-September 1
1:00—2:30 pm

Call (309) 582-5492 for more information & registration



Bridges Community Center
 809 21st Street
 Peru IL 61354

When
Mondays, July 17-September 18
1:00-2:30 pm

Call Erin Hanna at (309) 277-0167 or email ehanna@alternativesforyou.org for more information & registration

Do you have questions, need resources, or just someone to talk to? Monthly Caregiver Counselor appointments are available at local community centers:

	Monthly Date:	Time:	Contact for appointment:
Bureau Co. Senior Center	3rd Wednesday	1:30-3:30 pm	815-879-3981
Mercer Co. Senior Citizen Center	4th Tuesday	9—10 am	309-582-7221
Mendota Area Senior Center	3rd Tuesday	10 am-Noon	815-539-7700
Putnam County Community Center	3rd Tuesday	1:30-3 pm	815-339-2711
Bridges Community Center	4th Monday	10-11:30 am	815-431-8034