

Senior Care Stress

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Caregiver Stress is Overwhelming for Family Caregivers. Our Experts Can Help!

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Negativity Getting You Down? Learn How to Soar Above It

February 11, 2015 by Kelly Hall

Caregiver Stress Duluth GA - You'll Be Surprised at The Difference Changing Your Outlook Can Make!

John Milton, a poet and magic weaver of words, wrote something 4 centuries ago as fitting and timely today as it was then. He said, "Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

In the midst of taking care of an elderly loved one and the challenges it entails, one may not stop to wonder what Milton meant. It's worth taking a closer look. Here's what some of the words from his famous quote mean in our everyday language:

Gratitude – sincere thankfulness; appreciation

Bestows – gifts freely given; deposits or stores

Reverence – deep respect

Epiphanies – intuitive perception; insight the essential meaning of something

Transcendent – going beyond the ordinary; superior; supreme

Awe – power to inspire; overwhelming admiration

Substituting some of the modern words into Milton's quote, it might sound something like this: Being sincerely thankful gives us deep respect, allowing us to encounter everyday insight, those superior moments of inspiration that change forever how we experience life and the world.

Can our attitude, outlook or mood change our perceptions of what's happening around us? It sure can! You can't always change your circumstances, but you can change how you view them. In Milton's words, you can "change forever how [you] experience the world." Just think how empowering that sounds!

Gratitude doesn't always come easy, but it's such a healing emotion it's worth trying to nurture it. April Masini explains that gratitude gives you the ability to rise above the situation. You take yourself out of the moment and ponder on how things could be worse. It can do wonders for your mental and physical health and overall well-being.

"Elizabeth Waterman, Psy.D., a psychologist at the Morningside Recovery Center who specializes in mood and anxiety disorders, says that gratitude is a very healing emotion that can help caregivers gain a more optimistic outlook on life and, as a result, access a wider and more reliable social support network. She also points out that a number of different studies have linked feelings of gratitude with reduced stress and a healthier immune system, and says that substantial evidence shows that grateful people are more likely to take care of their own health by eating right and exercising."

(Source: <http://www.agingcare.com/Articles/gratitude-can-change-your-life-151985.htm>)



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Sometimes it's nearly impossible to recognize things to be grateful for. What can be very helpful in this situation is to have some little exercises to do. The first one is, to pause for 5 minutes and think of just 2 things you can be grateful for. At first, you may only be able to find very general things, like "I'm grateful it isn't snowing today" or "I'm grateful I didn't burn my toast." After a few days of practice, you may be able to identify more detailed things to be grateful for. It also helps to appreciate the humor in life. When something doesn't go exactly as you planned, find the humor in it and smile a little. You will be surprised what a difference this can make in helping you shrug off the senior care stress and soar above the negative.

For more information about how the caregivers at **Trumark Home Care & Staffing** can help your aging parents remain in their own home, call **(678) 597-3065**. We are a home care agency providing quality and affordable caregivers in Duluth, GA, and the surrounding communities.



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