



The Rizzi Difference
RIZZI PSYCHIATRIC ASSOCIATES

THE RIZZI DIFFERENCE

NEWSLETTER *∞* SEPTEMBER 2022

CAREGIVER STRESS

“You can do anything...but not everything”

Caring for a loved one such as an elderly parent or spouse can be extremely rewarding and yet at the same time can be profoundly stressful and have detrimental emotional and physical consequences. The physical, mental and emotional strain of “caring” can affect the caregiver’s ability to provide care on an ongoing basis and when you are so focused on the needs of your loved one it becomes difficult to make your own needs a priority.



Signs of caregiver stress can include depression, anxiety, feelings of anger and resentment, social withdrawal, insomnia, and changes in eating habits. Though some amount of stress is inevitable, there are things that caregivers can do to cope with the demands of a caregiver’s role including:

Ask for help or respite: Have someone else take over for a while and step away and indulge in self care. Even a few hours away can work wonders!

Set Boundaries and learn to say no to unrealistic or unnecessary demands on your time and energy.

Set realistic expectations for yourself and others: There are many things you cannot control such as your loved one’s age or limitations but you can control your own reaction to them.



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If you find that caring for a loved one is causing you stress and making your life unmanageable, know that you are not alone. The providers at Rizzi Psychiatric Associates are uniquely experienced to offer resources and sound advice for both patients and those who care for and love them. Do not hesitate to reach out to any member of our team.



We are honored to care for you!



The Rizzi Psychiatric Team

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