

## 6 Ways to Beat Caregiver Burnout During the Holidays

The holidays can be a challenging time of year for anyone. For caregivers, there are added pressures. Seasonal demands like budgeting, gift shopping, and hosting parties can take a toll on our time and energy. Add caring for a senior loved one to the mix and you have a recipe for feeling overwhelmed. This can have an overall effect on your mental, emotional, and physical wellbeing over the holidays.



**Here are 6 tips that help with caregiver burnout and make the holidays more enjoyable:**

- 1. Be Realistic.** Give yourself permission to do what you can reasonably manage. This may mean not placing pressure on yourself to do all the gift shopping or saying “no” to requests like hosting a dinner party.
- 2. Adapt and Adjust.** As seniors age, holiday traditions may need to change. Be flexible in response to your loved one. You may need to modify how much time he or she spends away from home or celebrate with them at their senior living community to make sure they are comfortable. You may have to plan further in advance to accommodate seniors’ memory and mobility issues. Seniors with Alzheimer’s Disease can be easily overwhelmed, so designate a quiet space where they can rest during holiday parties.
- 3. Don’t Go It Alone.** A support group can be a source of companionship. Other caregivers will understand what you’re going through and can offer coping strategies. An online support group is also an option if you are short on time.
- 4. Seek Help.** Give yourself the gift of much-needed rest. Ask a sibling, relative, or friend for help getting through your holiday to-do list. Many caregivers use respite care to take some time off from caregiving responsibilities during the holidays.
- 5. Make Time For Self Care.** Find outlets to de-stress and healthy ways to channel your energy such as journaling, writing, meditation, or exercising. Eating nutritious meals and getting plenty of sleep are also important.
- 6. Create New Traditions.** Make new memories to replace ones you are letting go. Maybe plan an annual gathering at your loved one’s senior living community or start a ritual of looking through old family photos together over a holiday brunch.

Simplifying and focusing on what you can accomplish is the best way to keep burnout at bay. With these tips, you can keep the season jolly and bright!

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