

Mind, Body, Spirit

Caregiving:
No Wonder So Many of Us Are Tired

Objective

- Increase knowledge about caregiving and women's health
- Understand how to integrate behavioral, physical, and spiritual health
- Learn what EBP's exist for working with caregivers

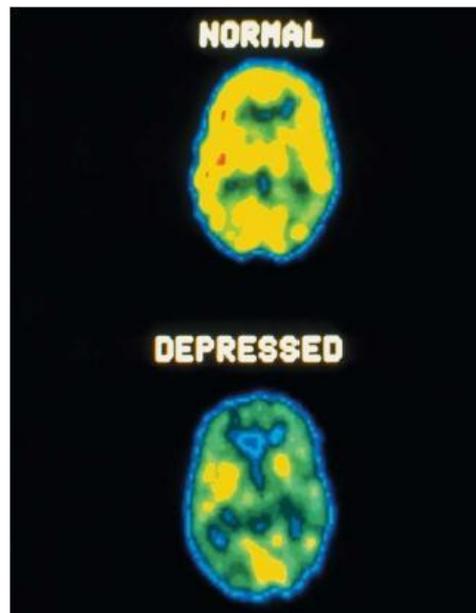
Who Are the Caregivers?

- 66% of caregivers are female. 1/3 take care of two or more people
 - Average age 0f 49
- The value of the informal care that women provide ranges from \$148 billion to \$188 billion annually



Spouse Caregiving

- Middle-aged and older women who provided care for an ill or disabled spouse were almost **six times as** likely to suffer depressive or anxious symptoms



Women and Parents

- Women who cared for ill parents were **twice as likely** to suffer from depressive or anxious symptoms



Mental Health & Women

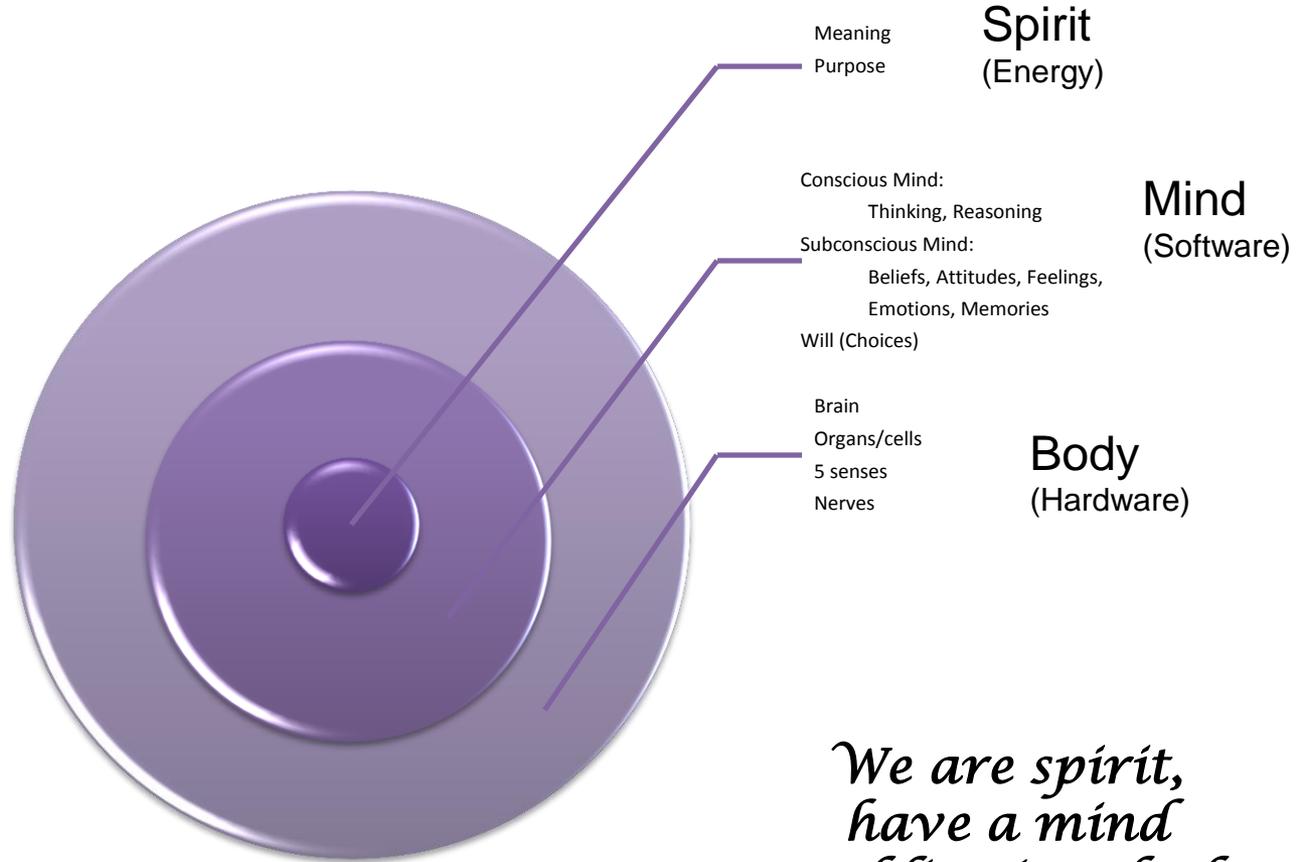
- 1 in 5 women age 18-39 say stress is nearly always present which is nearly twice as many as those who are not caregivers or male
- More social isolation and reduced social support
- More hours of care leads to increased risk for depression



Women's Health

- Less attention to personal health care
 - Ex: fewer mammograms, use of preventative services
- 25% of women caregivers have health problems as a result of their caregiving activities.

Mind, Body and Spirit Connection



*We are spirit,
have a mind
and live in a body*

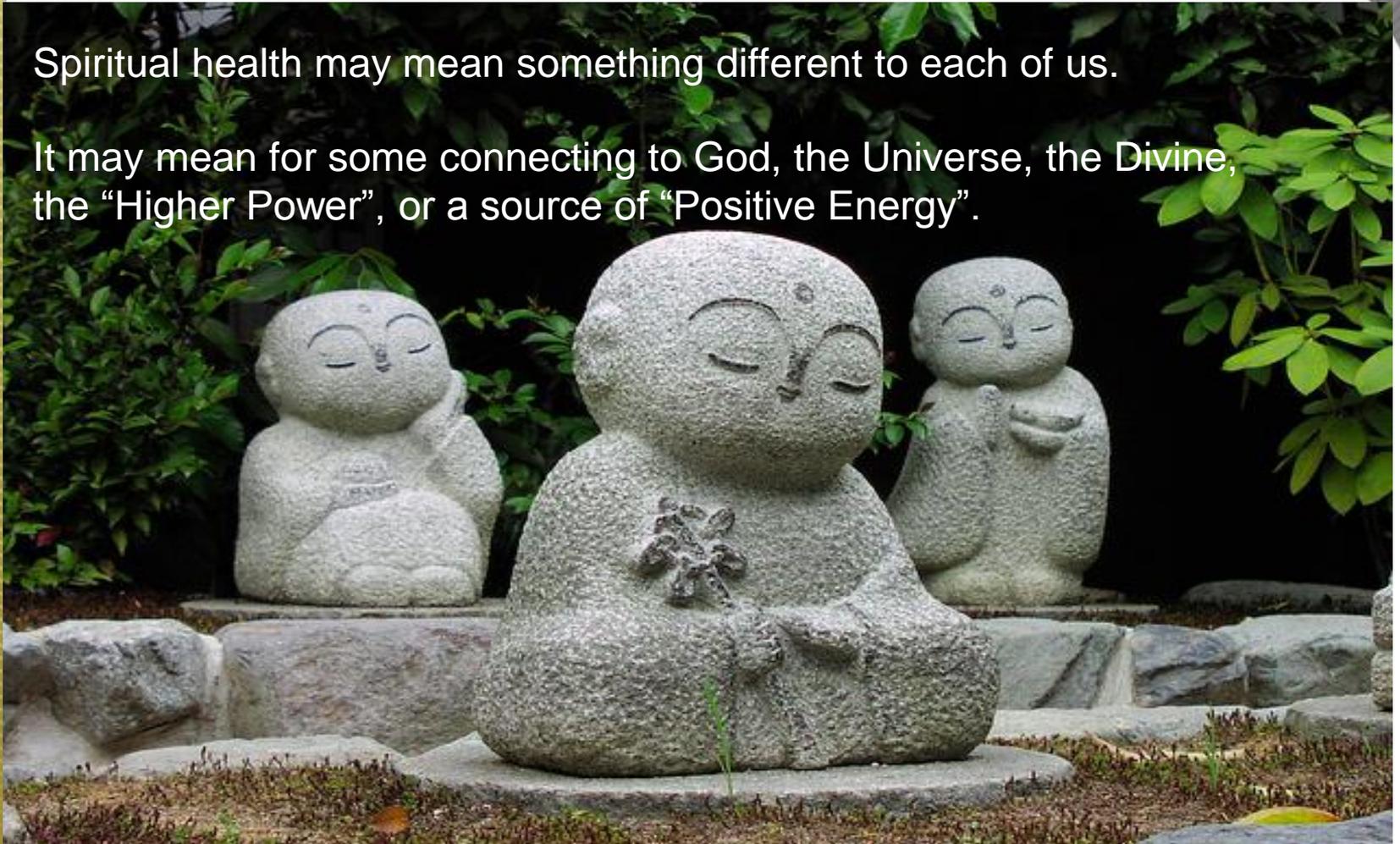
Mind, body and spirit suffer



Spiritual Health

Spiritual health may mean something different to each of us.

It may mean for some connecting to God, the Universe, the Divine, the “Higher Power”, or a source of “Positive Energy”.



Spiritual health means make connection with this source of energy on a daily basis through slowing down, tuning in, listening, and obeying the whispers.



It involves stepping out of our mind and body, to get in touch with what really matters.

- At the core of every negative life experience or every trauma, it is a spiritual wound.
- By improving our spiritual health we can, not only heal from these wounds, but also we can get the strength we need in difficult times.
- When we engage consistently in spiritual practice we're not only healthier in mind, body and spirit, but we move forward toward finding our purpose in life.
- And we are able to



grow

Am I engaging in promoting my spiritual health?

- Do I make time for relaxation in my day?
- Do I make time for meditation and/or prayer?
- Do my values guide my decisions and actions?
- Am I accepting of the view of others?

How do I improve my spiritual Health?



Meditation

Praying

Yoga

Deep Breathing/
Relaxation

Positive affirmations

Altruism,
Forgiveness

Developing
Compassion



Why so Tired?



"When you neglect your own physical, emotional, and spiritual needs, you cannot possibly give effective care to a loved one." – Leeza Gibbons

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