



Stress Management

Fitness for the Caregiver - JOYercise®



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“Caregiving is an opportunity. Something extraordinary happens. That doesn’t mean it is not stressful, difficult, challenging, frightening, or sad. Doing what is doable, and not getting overwhelmed by what is not - is what’s important!”

Cynthia Burke

Exercise - A Great Stress Buster!

Exercise is a quick stress relief and helps us feel revitalized! It is one of the essential foundations of good health! But how can busy caregivers, who often feel they do not even have a minute to themselves, exercise? Think JOYercise® instead!



JOYercise® Is

- Doing something for yourself! That makes a big difference in managing your caregiver stress!
- Stress relief movements and can be done by anyone, anywhere, anytime - even while sitting with a loved one.
- Safe, healthy ways to release pent up frustration for both long-term stress prevention and immediate tension relief.
- Simple, slow, smoothly executed body movements.

Research confirms now that older people can secure physical fitness even if they move slowly.

- Has no set standards yet provides increased energy and strength.
- Lowers the adrenaline level and releases endorphins, the feel happy hormone.

*JOYercise® - Annetta Dellinger

Did you know?

- Recognizing your personal stress signals helps slow the build-up of negativity and anxiety.
- When you feel negative thoughts coming on, ask yourself, “Are the negative thoughts helping me in any way?” This is a good way to re-focus your mind on what is really important.
- Caring for your needs is equally as important. If you are not well, the quality of the care you provide to others will decline. Make self-care a priority!

Deep Breathing

Deep Breathing

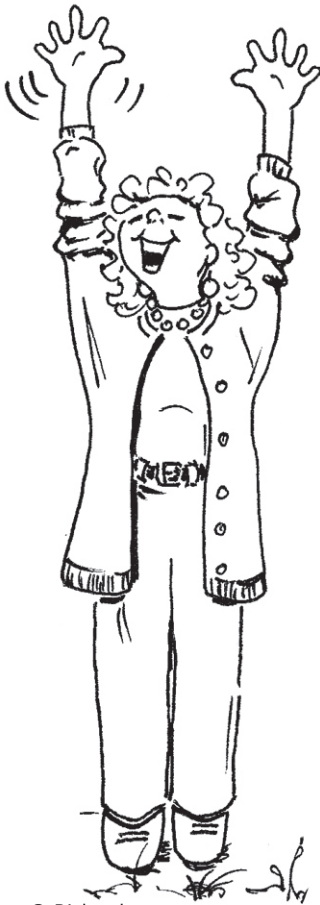
1. Eases tension, causing you to feel more relaxed almost instantly. Inhale through your nose. Pull the air down deep into the lungs. Hold breath for a count of six. Exhale slowly through the mouth to the count of six. Breathe deep throughout the day not just when feeling stressed. (If dizzy or light-headedness occurs, begin breathing naturally.)
2. Repeat the above deep breathing steps with your eyes closed. Visualize a relaxing scene, beautiful sunset, water falls, beach...

Stretching

Did you know?

- Stretching promotes joint mobility, flexibility and eases muscle tension.
- Stretching improves co-ordination, promotes circulation, increased energy, balance, coordination and improves relaxation.

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- A supple body will absorb shock more successfully and may help prevent bone breakage in many cases.

JOYercise® Stretches

1. Move your head from one side to the other, and also up and down.
2. Shrug your shoulders up toward your ears, and then relax.
3. Bring your arms high above your head and reach alternately toward the sky, then drop your arms and reach toward the floor.
4. Press your hands away from your body to stretch your arms and shoulders. Lace your fingers together behind your head, bringing your elbows back as far as possible. Inhale deeply and lean back until you feel your muscles stretching.



5. While sitting, do ankle circling. Lift the right leg off the floor so the foot is free. Circle the ankle very slowly in the greatest circle possible. After 5 slow circles, change to the left foot.

6. While sitting, do heel-toe rock. Separate the knees and rest the heels on the floor just under the knees. Lift the toes up as far as possible while heels remain in contact with the floor. Rock forward on the toes and lift the heels off the floor as high as possible while toes remain in contact with the floor. Repeat 5 times.

Walking

Did you know?

- Walking, a natural stress reliever, exercises more of the body than any other activity including heart and lungs.
- Walking helps counteract depression, is uplifting, energizing and soothing.
- Research shows that sedentary women over 65 who begin to walk a mile a day cut their rate of death from all causes to 50%.



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Laughter Is Exercise

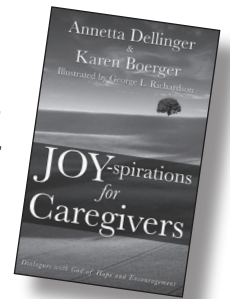
Exhausting exercises that won't burn a single calorie!

- Jogging your memory.
- Jumping to conclusions.
- Running up your charge cards.
- Picking up the check.
- Wrestling with a decision.

Thinking about exercise never gives us the benefits of **actually doing** them.
Don't procrastinate, just get moving!

23% of family caregivers caring for loved ones for 5 years or more report their health is fair to poor.
 National Alliance for Caregiving in collaboration with AARP 2009

JOY-spirations for Caregivers



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 JOY-spirations for Caregivers, go to www.karenboerger.com and use the shopping cart.
 To invite Karen and/or Annetta to speak to your group, go to
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These pages are guidelines. It is always wise to consult with a trained health care professional for appropriate recommendations for your situation.