

Mind, Body & Spirit

a monthly newsletter

December 2024

from the Health and Wellness Ministry of
Lyndhurst Community of Faith Church



The Health and Wellness Ministry will be sending out a Newsletter once a month with resources and articles to share. You can also see the bulletin board downstairs in the foyer.

If you need to speak with our nurses, Nancy Foulds, RN, BSN or Donna Nedrow, RN, BSN.

You may contact us at
wellnessministry@lyndhurstfaith.org



Care for the Caregiver

In our community, many individuals serve as caregivers, providing essential support to loved ones. While this role is rewarding, it can also be emotionally and physically taxing. It's vital to care for our caregivers, ensuring they have the support they need to continue their important work.

A caregiver is a person who provides physical or psychological care to someone else. Caregivers help others who aren't able to help themselves fully on their own due to declining health, an illness, injury or an underlying medical condition.

Caregiver burnout (caregiver stress) is a state of physical, emotional and mental exhaustion that can happen when you dedicate time and energy to manage the health and safety of someone else. Caregivers who experience burnout may feel tired, stressed, withdrawn, anxious and depressed. Caregiver burnout can impact a person in various ways, including physically, psychologically, financially and socially. Caregiver burnout is very common. Studies show that more than 60% of caregivers experience symptoms of burnout.

(CCF 2023)

Some signs of caregiver burnout/stress may include:

- Feeling overwhelmed or constantly worried
- Feeling tired often
- Getting too much sleep or not enough sleep
- Gaining or losing weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications.

(Mayo Clinic)

The Importance of Self-Care

Caregivers often neglect their own needs, leading to burnout. Here are some self-care practices to consider:

- Remember the basics- eat, sleep and hydrate
 - Set Boundaries - Recognize your limits and establish boundaries to prevent overwhelm.
 - Take Breaks - Regular breaks, even for a short walk or a moment of prayer, can rejuvenate your spirit.
 - Seek Support -Reach out to family, friends, or support groups. Connecting with others can lighten your load.
 - Talk to your health care provider - Communicate that you are a caregiver and symptoms of stress that may you may be experiencing.
 - Talk with mental health professional.
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Resources for Caregivers

Reach out to support groups

[Still Going Strong](#)

[No one should face Alzheimer's alone](#)

Access counseling for emotional support during challenging times.

Workshops and Retreats

Look for upcoming Series on caregiving in the spring.

As we support those in need, let's also care for the caregivers. By prioritizing self-care and seeking support, caregivers can sustain their strength and compassion for others. Remember, you are not alone; our church community is here to walk alongside you.

"There are only four kinds of people in the world-those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers."

-Rosalynn Carter

Founder of the Rosalynn Carter Institute for Caregivers



Spiritual Nourishment

Nurturing your spiritual well-being is crucial: Prayer and Meditation - Dedicate time each day for prayer or meditation to reduce stress and deepen your connection with God.

Scripture Reflection- Read and reflect on scripture that resonates with your situation to find strength and comfort.

Participate in Worship- Engage in church services and activities for community support and uplifting fellowship.