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# THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



## WELCOME

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We hope you are enjoying this newsletter! This month we are focusing on when to know you need help and when to ask for it. The issues we sometimes have with asking for help prevent us from seeking relief and therefore make us more stressed. We are all human and need some help from time to time. Know that you are not alone in this and there are individuals who are dedicated to helping you when you need it.

### QUOTE OF THE MONTH

" Don't be shy about asking for help. It doesn't mean you are weak, it only means you are wise."

--Anonymous

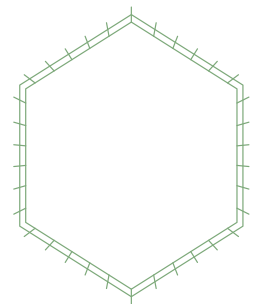
# WHY DO WE RESIST ASKING FOR HELP?

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

We all do it, in every stage of life. **We say "I don't want to be a bother" or "I am just going to do this myself" or "I don't want people to see me as a burden, always needing things from them".** Whew, if I had a dime for every time I said those words to myself I would be rich. I think that goes for most of you as well. When our caregiving journey starts, we start off confused and trying to talk to everyone we can about what to do next. However, we tend to get into routine and neglect when our mind is telling us to slow down. **When we do this, we become more stressed and would rather not put that stress on anyone else that we care about.**

**BUT, the truth is, our friends/family/community is probably noticing us struggle and want to help.** So when they ask "Is there anything I can do?" be honest, and give them something that they can actually do. Will they mow your lawn? Visit with your loved one to give you a break? Pick up groceries? Anything that can take just a little pressure off of you. **You are NOT weak, or a burden, or a bother. You are doing the absolute best you can and asking for help is nothing to be ashamed of.** We all need a little help from time to time. Caregiving can be the toughest job we will ever have, which is why we need to reach out to our community and sometimes rely on those relationships.

**Ask for help for YOU, ask for help for the person you are caring for. Be ready to help someone else one day who is struggling with the same situations you are and let them know that they are doing the best they can and so are you!**



**This newsletter is curated by the High Country Family Caregiver Support Program to help you along your caregiving journey. Reach out to us with any questions/suggestions or tips.**

