



Caregiver Support

Many caregivers, striving to do their best for their loved ones, push themselves to the limit. This can lead to feeling "burned out". To create a healthy balance between caring for others and yourself, try the following tips:

Define the problem. Set limits on your time and energy.

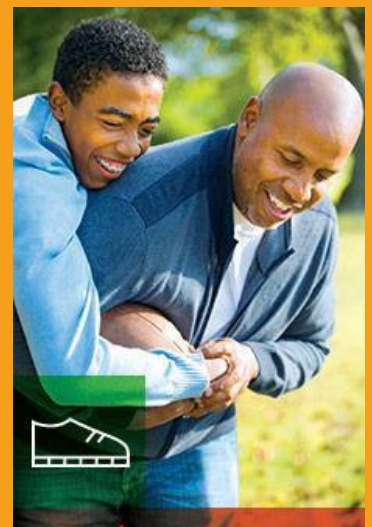
Decide on strategies. Figure out what you can reasonably do and what resources you may need. If you decide you'll visit your mother twice a week to cook, then enlist family members to help on the other days.

Find personal support. For example, caregiver support groups can be helpful for sharing resources and offering encouragement.

Fall Family Fitness Tips

Staying physically active is key to overall health and wellness, and with the seasons changing, you may be interested in new ways to keep your family exercising. But being active doesn't necessarily have to feel like exercise—there are lots of ways to make it fun! Try any of the following ideas:

- **Walking:** This is by far one of the most universal exercises that nearly anyone can enjoy. It is a good weekday activity as you can always find a few minutes to take a quick walk!
- **Bike rides:** With proper equipment like helmets, and awareness of traffic patterns, bike rides can be a safe and family-friendly activity. Take quick rides after dinner or plan for a longer ride on the weekend.
- **Visit a park:** Parks are a nice place to enjoy a bike ride or walk. Exploring nature trails and paths while enjoying the outdoors can be beneficial both physically and mentally.
- **Play physical games:** Whether you're in your own backyard or at a park, playground, or local field, the opportunities for physical activities are almost endless. Games like tag, jump rope, basketball, soccer, softball, volleyball, and many more are great ways to get your kids (and you!) moving.





Domestic Violence What You Should Know

On average, 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States. In order to protect yourself, it's important to recognize the warning signs that your relationship may be unhealthy. If you recognize any of the behaviors below, you may be in an abusive relationship. It's important to seek help as soon as possible.

- **Emotional abuse:** yelling, ridiculing you, controlling what you do, threatening to cause serious problems for you, isolating you from friends and family, restricting your finances
- **Physical abuse:** hitting, shoving, kicking, biting or throwing things
- **Sexual abuse:** forcing you to have sex or do something sexual that you don't want to do
- **Threatening you at work:** harassing phone calls, texts or emails, stalking in the parking lot, following you, or other threatening behavior

Help is always available! If you are in immediate danger, call 911.

For more information or to get help, call the National Domestic Violence Hotline at 800.799.SAFE (7233) or 800.787.3224 (TTY).

October is... **Breast Cancer Awareness Month**



Tips in honor of those still fighting and those who have passed away

It's hard not to be aware that October is Breast Cancer Awareness Month with all of the walks and events, celebrating survivors, remembering those who have passed, social media calls to action, and the sale of pink products. While this month contributes great support for a noble cause and raises a lot of awareness, it can be tough for some people affected by cancer, especially those with metastatic cancer, and those who have lost a loved one to this devastating disease. In honor of those still fighting and those who have passed away, here are tips to help you handle breast cancer awareness month.

Live in the moment. During this month, you may find that many memories resurface—some may be pleasant and some, you probably don't want to think about. Concentrate on the memories that make you happy, but remember to live for the day. Dwelling on negative parts of the past or trying to think of how things could have been different will just make you feel worse.

Appreciate what you do have. Expressing gratitude can help you heal emotionally. Think about all of the things that are positive in your life. It can be a healthy habit to develop year-round.

Avoid anger. It can be upsetting to see celebrations and hear stories of recovery, but feeling angry about your situation isn't going to contribute to your emotional or physical health. You don't have to try to be happy about it, but try not to let it stress you. Stress can be detrimental to your health.

Find other ways to contribute to the month. Not feeling the pink party? You can contribute to breast cancer organizations and hospitals in other ways. Donate money or your time by volunteering at the facility where you or your loved one has or had treatment. Find groups that put together care packages or make meals for people currently in treatment. You can even create your own event! There are so many opportunities to contribute to Breast Cancer Awareness Month during the month of October and all year long.

Seek support. Seeking the support of family or friends can provide you with an outlet to talk about your feelings. You may also want to consider speaking with a mental health professional. There are also many support groups for both cancer patients and their family members. Check out some of the resources listed below:

- Reach to Recovery through the American Cancer Society –Telephone and face-to-face support (depending on your area) available for breast cancer patients and information for loved ones. For more information, call 1-800-227-2345 for assistance.
- Association of Cancer Online Resources – A collection of online cancer communities that you can join for information. There are six total for breast cancer, including ones for men, metastatic patients and family members, as well as others.
- CancerCare – This organization provides services such as counseling, workshops and support groups online, in person and via telephone for patients and family members. They also help with financial resources for those looking for assistance with treatment costs and expenses related to cancer.
- Susan G Komen Foundation – This well-known breast cancer organization has a lot of information about support groups for patients and their loved ones. They also have a breast cancer support line: 1-877-GO-KOMEN (1-877-465-6636).

Allow yourself to grieve. Grief is a natural process that everyone experiences when they lose someone. Key things to keep in mind about grief:

- Grief is not linear; you may start to feel better, but then may feel bad again.
- Everyone grieves differently.
- There is no set timeline on grief. Some people may grieve for a few months; others may grieve for years.
- By grieving you come to terms with your loss, so avoid delaying or suppressing the emotions.