

Recognizing Caregiving Stress in Employees

Why it Matters

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. But when one is constantly running in emergency mode, as is often the case for a family caregiver, the mind and body pay the price.

Long-term exposure to stress can lead to serious health problems, as chronic stress disrupts nearly every system in the body. It can:

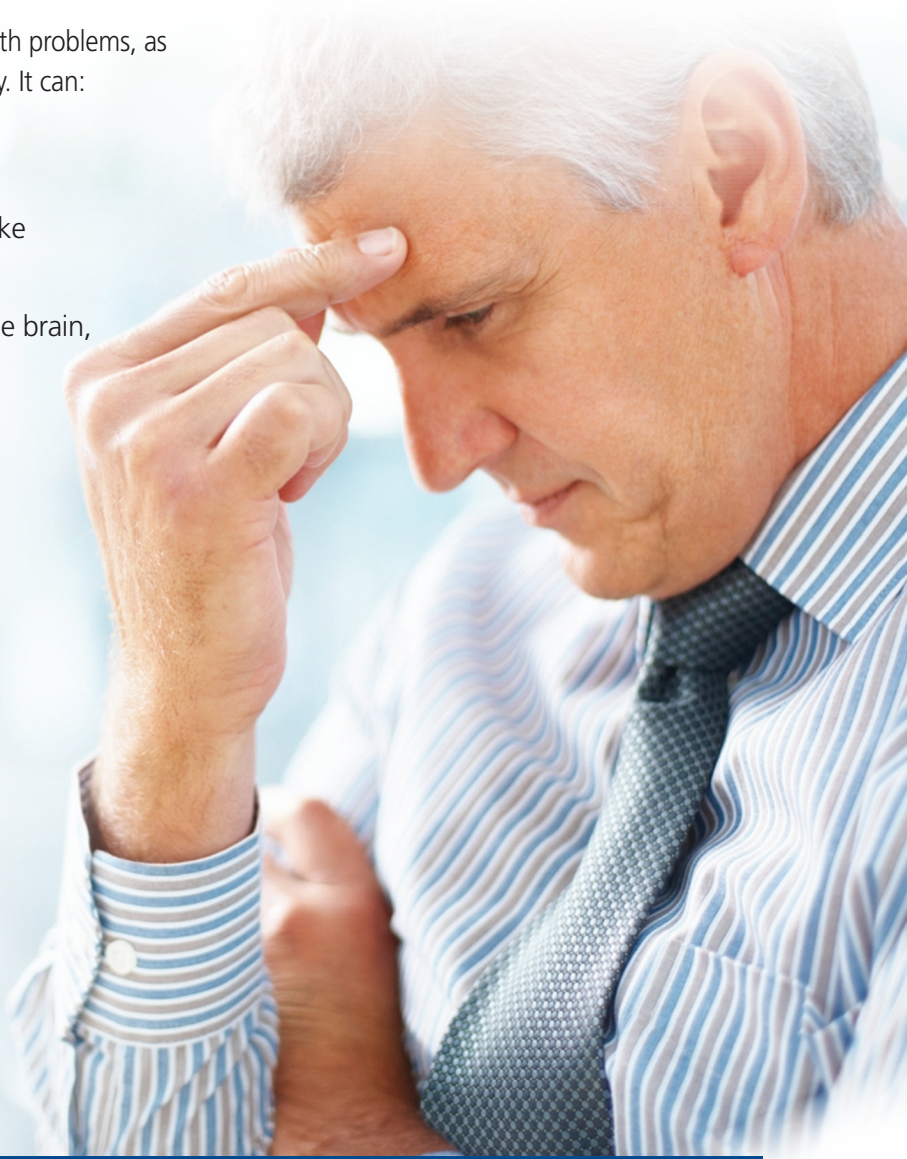
- Raise blood pressure
- Suppress the immune system
- Increase the risk of heart attack and stroke
- Speed up the aging process
- And long term, stress can even rewire the brain, leaving employees more vulnerable to anxiety and depression

The result of long-term exposure to stress for a company's employees will be more absences and increased healthcare benefit utilization.

Recognizing the Signs of Stress

When under pressure, behavior can present as:

- Talking too fast or too loud
- Yawning
- Fiddling and twitching, nail biting, grinding teeth, drumming fingers, pacing, etc.



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- Bad moods: irritability, being critical, overly sensitive replies, anger and irrationality when responding to problems and people
- Being unreasonably negative
- Making less realistic judgments
- Inability to concentrate
- Difficulty making decisions
- Being more forgetful
- Making more mistakes
- Being more accident prone
- Disorganization, confusion and worry
- Changing work habits
- Increased absenteeism
- Neglect of personal appearance and personal hygiene

The Greatest Protection Against Stress and Reduced Productivity?

A strong support network is always going to be the greatest protection against stress. Through an eldercare program such as **Continuum** provides, we can help alleviate some of the responsibilities and pressures of family caregiving through providing some respite from care.

Adding eldercare services to a benefits package will enhance the value of an employer and help any employees who have eldercare responsibilities affecting their work. Call **Continuum** today to learn more.

Sources: The Language of Emotional Intelligence by Jeanne Segal, Ph.D., eHow, Mind Tools, Help Guide, Natural Health Information Center