



**EMPLOYEE
SUPPORT
PROGRAM
APR. 2017**

STAYING POWER

Resilience
skills for
caregivers

Caregivers spend so much time seeing to the needs of others that they have a tendency to neglect their own physical, spiritual, and emotional health. This can lead to feelings of sadness and anxiety, difficulty in relationships, and medical problems.

Resilience, the ability to handle stressful situations and move beyond them, is vital for a caregiver's overall well-being. Your Employee Support Program can help with tools and resources to increase your staying power.

- Articles and tip sheets on caregiving and caregiver support
- Skill Builder training on self-care for remaining resilient
- Referrals to community services and respite care
- Video on relaxation and mediation

PHONE: 651-642-0182

TOLL-FREE: 800-634-7710

WEBSITE: www.team-mn.com

Available anytime, any day, TEAM's Employee Support Program is a free, confidential program to help you balance your work, family, and personal life.