

# Care For Caregivers

## Stress-Busting Tips

(NAPSA)—Overwhelmed? Over-loaded? The antidote for a 24/7 schedule may be to slow down.

When Virginia Cargill, founding editor of *Caring Today* magazine, learned of a new study linking the physical toll of women caregivers to stress, the publication devoted pages of advice such

as the following.



- **Nothing on the calendar:** Take a break from a nonstop schedule for at least 20 minutes a day, without guilt. If necessary, pen-

cil in time to decompress on your calendar. And keep a sense of humor.

- **Cuddle a critter:** The truth about cats and dogs is that they have proven to be four-legged stress busters. People feel less anxious when Fido or Fluffy is around—and their blood pressure reflects a calmer state of mind.

- **Flower power:** A surefire way to beat stress may be right under your nose. Studies have shown that women get a mood boost from flowers that can last for days. Flowers trigger positive emotions.

- **Good vibrations:** Poetry can calm rattled nerves. Research shows that reciting in certain rhythms is relaxing—synchronizing heartbeat and breathing. And slower breathing triggers the body's relaxation response.

For more ideas on managing stress, check out [www.caringtoday.com](http://www.caringtoday.com).