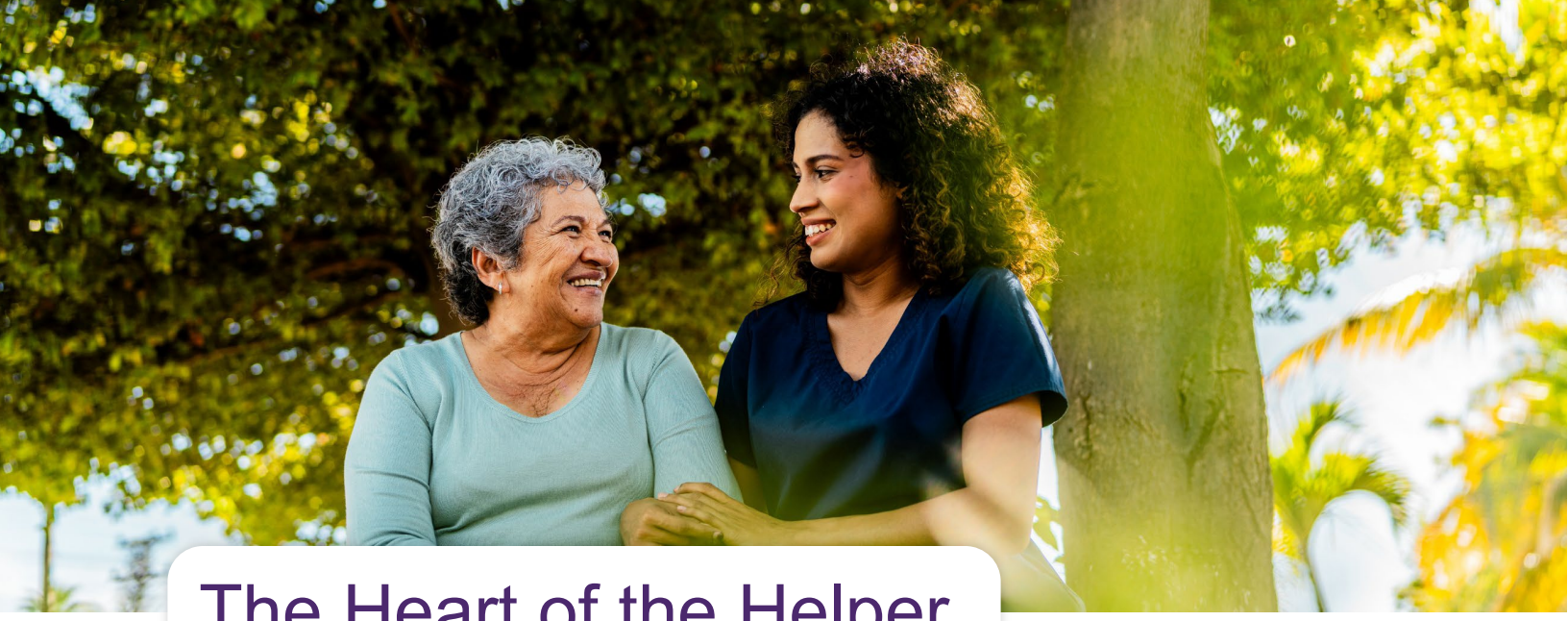


The Heart of the Helper

The Unseen Weight of Caregiving

When a loved one faces a challenging diagnosis or a long road to recovery, many people step into the role of caregiver willingly and with a desire to be a positive resource. Often, these individuals, whether they are spouses, children, or friends, don't even view themselves as "caregivers," but simply as people doing what feels right for someone they love. However, while the role is rewarding, it often comes with an unexpected toll that can impact a person physically, mentally, socially, and spiritually.

The Essential Balance of Self-Care

It is vital to recognize that self-care is not a luxury, but a necessity; the energy you invest in yourself is just as important as the energy you expend caring for another. To remain an effective caregiver, you must prioritize your own physical health by maintaining consistent sleep routines, eating nourishing meals, and incorporating brief walks or stretching to combat stress. Additionally, staying organized with a dedicated calendar and notebook for medical information and appointments can help reduce the mental clutter and anxiety that often accompany complex healthcare journeys.

Leveraging Support Systems

No one should navigate the challenges of caregiving in isolation. It is important to proactively ask medical social workers about available resources and keep friends and family updated on how they can help, as loved ones often want to feel they are contributing to the process. For those struggling with the emotional weight of burnout, stress, or anxiety, professional help is available. Utilizing an Employee Assistance Program (EAP) can provide confidential support from trained clinicians to help maintain emotional health while providing care for others.

TELUS Health provides referrals to qualified mental health professionals that can help. Call TELUS Health at **800-245-1150** to speak to your designated Care Coordinator about your benefits and options for support.