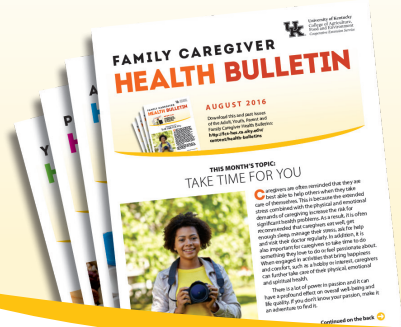


# FAMILY CAREGIVER HEALTH BULLETIN



**MAY 2018**

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC: CAREGIVER APPRECIATION GOES A LONG WAY



**I**t is not uncommon for spouses to become caregivers for their partners. This role is often met with many rewards, but it is also associated with stress as it can be emotionally and physical draining to witness pain, suffering and decline. Recent research has found that the time caregivers spend actively caring for someone they love can actually improve a caregiver's physical and mental well-being, but only if they feel that their help has made a difference and if the help is recognized and acknowledged by their partner.

Continued on the back 



# Helping someone contributes to personal happiness, a better mood and increased self-esteem.

➔ Continued from page 1

## The benefits of helping

- Helping someone improves their life, as well as your own, including enhanced health and longevity.
- Helping someone contributes to personal happiness, a better mood and increased self-esteem.
- Helping someone can reduce stress.
- Helping someone gives your brain a boost, helping you feel satisfied, helping you feel good about yourself and increasing your overall well-being.
- Helping someone provides you with a sense of purpose.

In general, feeling appreciated gives people a natural lift. But there may be instances when a loved one is not able to say thank you or show just how much your hard work, love and devotion is appreciated.

Do not allow the disease or disability or the toxicity of any negative emotions to devalue who you are or what you do. You must remember and highlight in your mind how the positive consequences of your help increase your partner's well-being.

*Active caregiving is associated with less stress when a spouse perceives his or her help made the partner happy and improved the partner's well-being.*

### REFERENCES:

- Gambini, B. (2017). Study finds the burdens of spousal caregiving alleviated by appreciation. Retrieved March 13, 2018 from [http://www.buffalo.edu/news/releases/2017/08/033.html?utm\\_content=&utm\\_medium=email&utm\\_name=&utm\\_source=govdelivery&utm\\_term=](http://www.buffalo.edu/news/releases/2017/08/033.html?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)
- Holmes, L. (2014). 6 ways being nice to others is actually good for you. Retrieved March 13, 2018 from [https://www.huffingtonpost.com/2014/09/10/facts-about-being-nice\\_n\\_5791778.html](https://www.huffingtonpost.com/2014/09/10/facts-about-being-nice_n_5791778.html)



**FAMILY CAREGIVER  
HEALTH BULLETIN**

**Written by:** Amy F. Kostelic, Ph.D.  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

