



## OVERVIEW

The Stress-Busting Program (SBP) for Family Caregivers™ is a program that provides support to family caregivers of people with chronic illness. It is proven to:

- Reduce caregiver stress
- Reduce anxiety
- Reduce anger/hostility
- Improve quality of life

## FORMAT of Program

The SBP is a multicomponent program that meets for 90 minutes/week for 9 weeks. The classes are online using ZOOM. The program is available at no cost. **Registration is required.**

Caregivers have commented that the online format allows them to meet in the convenience of their home and they do not need to drive to attend the program.

Week	Title and Content	Stress Management Technique
1	<b>Getting Started:</b> Group introductions, purpose, and expectations of program.	Relaxation Breathing
2	<b>Stress: Effects on Mind, Body, and Spirit:</b> Causes of stress, mind-body-spirit connections to stress.	Meditation
3	<b>Caregiver Stress and Relaxation:</b> Effects of stress, relaxation response, creating a relaxation environment.	Imagery
4	<b>Facing Challenges:</b> Understanding and managing difficult and challenging situations when caring for someone with dementia or a chronic illness.	Hand massage
5	<b>Grief, Loss, and Depression:</b> Grieving process and losses related to caring for someone with dementia or a chronic illness.	Art
6	<b>Coping with Stress:</b> Discussion of changeable and unchangeable stressors. Changing roles and relationships. Use of coping strategies.	Chair Yoga
7	<b>Positive Thinking:</b> Changing the way one can think (cognitive restructuring) and how to view situations in a more positive framework. Twisted thinking is discussed.	Journaling
8	<b>Taking Care of Yourself: Healthy Living:</b> Integrating the strategies learned in earlier sessions to help develop a healthier lifestyle. Emphasis on incorporating good nutrition and sleep habits, exercise, and hobbies into daily routines.	Music
9	<b>Choosing a Path to Wellness:</b> Final integration of first 8 sessions and applying it so caregivers will be empowered to take care of themselves. Caregivers create a plan to do this and focus on healthy living. Discuss assertiveness skills.	

For more information, contact:

**Sharon Lewis 830-377-1484**

[slewis2@unm.edu](mailto:slewis2@unm.edu)