

## OVERVIEW

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

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

## THREE PROVEN PROGRAM FORMATS

The SBP is a train-the-trainer program where two certified facilitators meet with a small group (up to 8 people) of caregivers. The Stress-Busting Program is available in three formats:

- The Stress-Busting Program for Family Caregivers of Persons with Dementia
- The Stress-Busting Program for Spanish-Speaking Family Caregivers of Persons with Dementia
- The Stress-Busting Program for Family Caregivers of Persons with Chronic Conditions

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.	Aromatherapy
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.	