

# November 21 is the Great American Smokeout

On this day, you're encouraged to stop smoking for *at least* 24 hours.

While quitting is difficult, joining others on this Smokeout day can be a powerful start of your journey toward a smoke-free life.

Contact your program for additional resources.



**Magellan**  
HEALTHCARE®

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006

**Call today or log on to [MagellanAscend.com](https://www.MagellanAscend.com)**

# Caregiver well-being

It's common for caregivers to feel exhausted and stressed, and to neglect their own needs. Instead:

1. Be proud of all you do. There's no such thing as a perfect caregiver.
2. Take breaks and arrange respite caregiving coverage.
3. Stay involved in outside activities that give you purpose.

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# Momentum

Caregiver well-being

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## 24/7/365

for confidential, no-cost  
help for you and your  
household members.



**Live Webinar**—On Wednesday,  
November 4, join our webinar  
highlighting self-care strategies  
for caregivers, entitled *Avoiding  
Caregiver Burnout*. Register [here](#).

## Be good to yourself as a caregiver

If you're taking care of a loved one, you know the journey can be both rewarding and sometimes overwhelming. Many caregivers not only take care of elderly relatives, but also raise their own families, plus work outside the home. It's common for caregivers to feel exhausted and stressed, and to neglect their own needs. To stay well:

- Be proud of all you do. There's no such thing as a perfect caregiver, so do your best to get through each day. Don't dwell on what you can't control.
- Take breaks and arrange caregiving coverage. Tap a trusted relative, friend or respite caregiver to be with your loved one while you're out.
- Don't let caregiving consume your entire life. Strive to stay involved in activities that give you purpose.

## Caregiving tips

1. Ask for help when needed to allow more time for yourself and to boost your caregiving resilience. Finding appropriate support services is as much an act of caregiving as providing them yourself.
2. Learn about the Family and Medical Leave Act (FMLA). Eligible employees may be able to take up to 12 weeks of unpaid leave a year to care for relatives.
3. Talk with others about your challenges. Caregiver support groups are a great way to share information and tips. If you can't leave the house, find an online support group.

*Additional sources: Caregiver.org, Alzheimers.net, Cancer.net, AARP.org, Helpline.org, National Respite Coalition.*

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## Mind Your Mental Health

### November is Family Caregivers Month

This observance celebrates the efforts of the more than 43 million Americans who are unpaid caregivers to family and friends.

1. **Combat the solo struggle.** In an AARP survey, one in five caregivers said they have no one to call for help. Utilize replacement caregivers—either in-home or at a center. Ask family members to help with shopping, housecleaning and errands.
2. **You're not alone.** Many family caregivers (over 60 percent) must balance their home lives with working a paid job while meeting the needs of the relatives in their care.
3. **Evaluate treatment options.** If your loved one isn't responding well to treatment, ask your doctor about other options. New treatments are always available, whether it's a different dose, a new medication or a new procedure.
4. **Don't forget the future.** Know that your caregiving role will change over time. Make meaningful plans for the future with all your loved ones.

Visit [www.MagellanHealth.com/MYMH](http://www.MagellanHealth.com/MYMH) or call your program for confidential mental health resources.

## Working on Wellness

### Join the Great American Smokeout!

- The annual Great American Smokeout event (Thursday, November 21) challenges people to stop smoking for at least 24 hours, with hopes that their decision to quit will last longer—and perhaps for good.
- While many things like quitting smoking are difficult to accomplish in one day, the November Smokeout day can be a powerful start of your journey toward a smoke-free life.

## Daily Diligence

### Care for your body and soul

- **Remember to exercise!** When you're fatigued, you may not feel like exercising, but if you start you'll soon feel better. Exercise is a great stress reliever, energy builder and mood enhancer.
- **Remember to relax!** From deep breathing exercises to yoga to meditation to nature walks outdoors, relaxation techniques can lower your stress, calm your mind and boost your energy. Cool out!



**85%** of family caregivers in the U.S. do not receive any respite care services.

*Source: The National Alliance for Caregiving and AARP Caregiver Survey.*