The Stress-Management Strategy Dementia Caregivers Should Adopt. Anne-Marie Botek. Follow. She and her colleagues discovered that caregivers who use healthy coping strategies may potentially slow down their loved one's mental decline by as much as 37 percent. Distressing dementia behaviors. When figuring out how to handle the distress caused by these behaviors, the strategies that can be employed are typically sorted into one of two categories: emotion-focused and problem-focused. Emotion-focused coping techniques emphasize dealing with the feelings of anxiety, guilt, shame, anger, etc. caused by a particular source of stress. Strategies include venting, praying, distracting yourself from the stressor and ignoring the stressor. Stress can be bad for your mental and physical health. Learn ways to manage and reduce stress in your everyday life. Between juggling work, family, and other commitments, you can become too stressed out and busy. But you need to set time aside to unwind or your mental and physical health can suffer. Learning how to manage your stress takes practice, but you can -- and need to -- do it. Here are 10 ways to make it easier.

1. Exercise. Take tips from how calm people react to stressful events and add them to your life. For a very long time, there was a stigma around therapy and counseling because it was seen as something that only dysfunctional people needed. But that couldn’t be further from the truth. The reality is therapy is kind of like a mental exercise. Sixteen healthy tips for how to deal with stress like a calm person. Hopefully you’ll be able to start putting them to use so you can relax and live less stressful life. Author Mellowed. 179 pages : 23 cm. Includes bibliographical references and index. The journey begins -- Don Holean: the importance of exercise -- The case for solidarity -- Helen Sandstrom: overcoming worry and depression -- Taking control of stress -- Bea Fyock: respite breaks nature as a healing force -- Fighting self-pity -- Lisa Lieverman: caring for the caregivers -- Of moles, dead ends, and other. Creative adventures -- Marie Goodwin: dealing with guilt “to everything there is a reason ...” -- Playing away cares -- Sylvia Wilson: the importance of humor.