



# Stress-Busting Program for Family Caregivers™

Caring for Those with Dementia

**1**

## Getting the Most Out of the Program

Technique: Relaxation Breathing

## Effects on Mind, Body and Spirit

Technique: Meditation

**2**

**3**

## Caregiver Stress and Relaxation

Technique: Guided Imagery

## Challenging Dementia Behaviors

Technique: Massage

**4**

**5**

## Grief, Loss and Depression

Technique: Art Therapy

## Coping with Stress

Technique: Aromatherapy

**6**

**7**

## Positive Thinking

Technique: Journaling

## Taking Care of Yourself/Healthy Living

Technique: Music Therapy

**8**

**9**

## Choosing a Path to Wellness

Stress Management Planning

Contact Caregiver Support at

**385.468.3280** or **[slco.org/caregiver](http://slco.org/caregiver)**

for current times and locations