

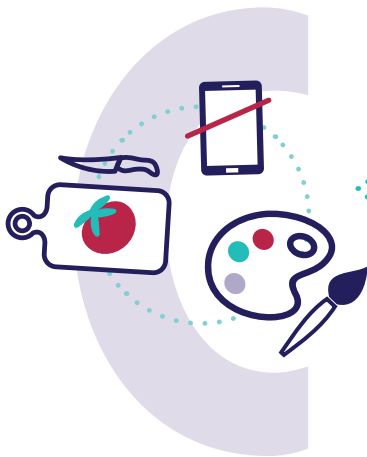
# CALM

Tips for *caregivers* from *caregivers*



We all experience stress in our lives, and everyone reacts to and copes with stress in their own way. What is stressful for one person may not be stressful for someone else. CALM is a method used to minimize stress, anxiety and depression.

## Create over Consume



Spend more time creating than consuming. If you are struggling today try to create a new normal until this passes.

## Action Focused



Try immediate problem-solving to work on calming down the emotional response in your body. Challenge yourself to focus on what you can control.

## Lean in and Learn



Lean in with curiosity to learn. Go to the greater experience of what you are going through.

## Move Forward



Move forward by taking incremental steps forward daily. Recreate actions daily that are normal to you. Move your body every day.

Stress overload may cause us to become ill, irritable, depressed and interfere with our daily function. If you're experiencing any of these symptoms, you may want to seek out additional support and guidance from the Alzheimer's & Dementia Alliance of Wisconsin.