

# Topics of CONCERN

BEHAVIORAL AND MANAGEMENT SOLUTIONS



Employee Assistance Program Newsletter

April 2018

## CARE TAKER OVERLOAD

Are you one of the 17% of the workforce also providing caregiving to a love one? Employees who are responsible for caregiving often feel overwhelmed. They also may give up promotions or even consider leaving their job. Before giving up, consider the following:

1. Acknowledge that it is normal to feel pulled in both directions. Working caregivers often second guess themselves and feel guilty for not being home for a loved one. Consider the possibility that with some adjustments and a stronger support system both inside and outside your job, you can continue your career and provide the care your loved ones need. Set up a Care Team. If you are the primary caregiver, take time to identify who can be the second and third in command and be sure to use them regularly.

2. Have clear boundaries for yourself and others. You may need to say “No” so that you can say “Yes” to the most important things at this time. You can say “No” to answering the phone or texting back immediately. This can give you time to say “Yes” to yourself and respond when you are more prepared. You will also need to set a clear boundary for your expectations and realize that you do not have to do everything perfectly to be good at your job and at your caretaking responsibilities. Remind yourself daily that, “For now, this is how it is.”
3. CONCERN can be your part of your Care Team. Call us to help you create your Care-Taker Plan.



CONCERN Behavioral and Management Solutions is a free benefit offered to you through your employer. We are here to partner with you in addressing:

- Therapy for individual, couples, and families
- Coaching for self-care, resiliency and mindfulness
- Workplace trainings, interventions and support for critical incidents

CONCERN's licensed clinicians provide confidential support for a broad range of problems such as:

- Stress and anger management
- Anxiety and depression
- Alcohol/drug misuse
- Grief and loss
- Adjusting to changes in life

Please visit [Atlantichealth.org/Concern](http://Atlantichealth.org/Concern) for information about our services.

Call us at 973-451-0025

