

# LifeSolutions®

## Emotions of a Caregiver



**As a caregiver, you've probably been told how important it is to take care of your physical and emotional health. Doing this will help sustain you as you care for your loved one. Addressing the physical part probably seems simple enough. Get enough sleep, make healthy food choices, exercise, and stay up to date on your preventive medical care. Addressing your emotional needs can sometimes be more difficult.**

Your caregiving experience may lead you to have some emotions that you're not sure how to process. For example, if you're caring for your partner, you might feel envious of a couple walking hand-in-hand through a park. You might feel jealous of friends who have the freedom to travel.

Feeling envious may lead to other emotions, such as resentment or anger toward your loved one or family members who do not volunteer to help. The anger and resentment can turn into guilt about all your emotions, and you may then withdraw emotionally from those who would support you.

It's important to recognize that it's normal to feel angry, frustrated, resentful, jealous, exhausted, and even sad. You might even feel a sense of loss for the life you had before becoming a caregiver. Talking to a professional counselor can help you process these emotions.

The LifeSolutions employee assistance program (EAP) can help too. We can connect you to resources that may help ease your caregiving burden or teach you how to care for yourself while you're caring for your loved one.

**LifeSolutions' EAP services are private and confidential. They are available to you and members of your household at no cost.**

**LifeSolutions@upmc.edu  
1-866-647-3432**

**To access the Work-Life section of our website, go to [www.hr.pitt.edu/lifesolutions](http://www.hr.pitt.edu/lifesolutions)**

