

A monthly wellness newsletter from Better You

Caring for Caregivers

Taking full-time care of a loved one is an important job, and it can be a very rewarding one, too. But it can also take a toll on your health. The around-the-clock rigors of being a caregiver can sometimes leave you feeling exhausted and overwhelmed, causing you to neglect your own care needs. No matter how much you must do or how much help your loved one needs, it's important to take care of yourself – both physically and mentally. Because of the stress that comes with being a caregiver, you may be more at risk for depression, anxiety and burnout if you don't get the help and support you need and deserve.

Here are six simple things you can do to take care of yourself and improve your mental well-being.

- **Take time for yourself:** Even a few minutes of rest or doing something that you enjoy can be reenergizing and help you better manage the day.
- **Manage your stress:** If you're feeling anxious or stressed, think about the reason and take a break from it if you can.



Simple steps like taking a walk can help you feel more in control.

- **Ask for help:** Don't feel guilty for needing help and asking for it. Think of what you need help with and break it into simple tasks so it's easier to parcel out for others to assist.
- **Exercise and eat well:** Staying active and getting proper nutrition can work wonders for your overall well-being. If you don't have a workout routine, start with short walks. Drink plenty of water and eat more whole foods like fruits and vegetables.
- **Don't skip your own medical care:** You won't be able to care for your loved one if you aren't well. Make sure you take care of your own health by keeping up with your regular appointments like annual checkups and screenings.
- **Confide in others:** It's important

to talk to someone you trust (like your doctor or a friend) about how you're feeling. You can also seek out other caregivers via local or online support groups to share experiences and advice.

Use our Resources

Call a local Florida Blue Center (877-352-5830) to speak with one of our neighborhood nurses or community specialists for one-on-one support. They're available to help anyone Monday through Friday, 9 am to 7 pm, and Saturday, 9 am to 4 pm.

For more help, visit the Florida Blue Caregiving site: floridablue.com/caregiver.

To learn more about this topic, [click here](#) to join us for a live webinar on Thursday, November 17, 2022 at 1:00 pm Eastern time.

Resources: [Caregiver Action Network](#)

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Young Children and RSV

Each year in the United States, an estimated 58,000 children younger than 5 years old are hospitalized due to Respiratory Syncytial Virus (RSV). RSV is a common respiratory infection that can affect people of all ages. Most people, including infants, usually develop only mild symptoms like a common cold. However, RSV can be severe and even life-threatening.

Early symptoms of RSV may include:

- Runny nose and congestion
- Decreased appetite
- Cough, which may progress to wheezing
- Fever may be present

Resources: [CDC.gov](https://www.cdc.gov); [Lung.org](https://www.lung.org)

Premature infants or infants less than 6 months old may have:

- Irritability
- Decreased activity
- Apnea (pauses while breathing)

If your infant develops severe RSV they will have short, shallow and rapid breathing. This can be seen by caving-in of the chest in between the ribs and under the ribs, spreading-out of the nostrils with every breath, and abnormally fast breathing. Also, your infant's mouth, lips and fingernails may turn a bluish color. This is due to lack of oxygen.

Take extra care to keep your infant healthy. Wash your hands

often, keep your hands off your face, avoid close contact with sick people, cover coughs/sneezes, clean and disinfect surfaces.

When to call your doctor

- Signs of a cold and/or a continuous shallow cough
- Poor appetite
- Decreased activity levels
- Fever
- Having trouble breathing

How RSV is treated

Check with your doctor about over-the-counter fever reducers, nasal saline drops, cough medications, and pain relievers to take care of your infant/child's symptoms. Providing plenty of fluids and rest is very important in caring for your infant or child.

Twice Baked Sweet Potatoes (Serves 12)

Ingredients:

- 8 medium sweet potatoes (10-12 ounces each)
- 1 tablespoon canola or sunflower oil
- 1/2 cup finely grated Parmesan cheese, divided
- 1/3 cup sour cream
- 2 tablespoons pure maple syrup
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon freshly grated or ground nutmeg

Directions

1. Preheat oven to 400 degrees F. Line a large rimmed baking

- sheet with parchment paper.
2. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with oil and place on the prepared baking sheet. Roast until tender, 45 minutes to 1 hour. Let stand until cool enough to handle.
3. Increase oven temperature to 450 degrees.
4. Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous 1/4 inch border in the skins. Place 12 of the prettiest skins back on the baking sheet. (Discard the remaining 4 skins).



5. Add 1/4 cup cheese, sour cream, syrup, salt, pepper and nutmeg to the sweet potato flesh and mash with a potato masher until smooth. Divide the filling among the skins. Top each with a little of the remaining cheese.
6. Bake until the filling is bubbling, 20 to 25 minutes.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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