



## Keys to Keeping Calm

Have you ever been visiting with your aging loved one and found yourself feeling frustrated or even angry? You are not alone. It can be difficult to manage your emotions in the moment, especially during a visit that may have included a disagreement or a loved one who was perhaps a bit reluctant to comply with care or medical suggestions. If you leave your aging loved one's home with more anxiety or anger, or if you hang up after a phone call with your senior loved one feeling frustrated more than not, you may want to include a few of our tips for staying calm in the moment.



The team at Visiting Angels has decades of experience working with all sorts of senior clients and we know that staying calm is the key to happy caregivers, safe clients, and relaxed family members. But it can certainly be hard keeping your cool, especially if Mom has a few angry outbursts thanks to a dementia diagnosis or Dad harbors some resentment after you suggested he stop driving his car. Here are a few things to think about the next time you are feeling frustrated to keep everyone calm.

### ***Take a deep breath***

It sounds too easy to be true, but recognizing your anger or frustration and then taking a deep breath (or two, or three) can reset your emotions. After a few cleansing breaths, you are more likely to re-approach the situation with a new outlook.

### ***Take a step out***

If your loved one is safe, consider leaving the room for a few moments to gather yourself. This can be especially helpful for you and for your loved one, as it resets the stage for a new – and positive – interaction when you return.

### ***Change the face***

A tried and true tip for many caregivers who are working in highly emotional situations is to switch out. If possible, leave the situation and send in your sister or partner to talk with your loved one. The change in face can make a huge difference in the interaction, and can give you a few moments of peace.

**Let it go**

If you are able to do so while keeping your loved one safe, consider dropping the disagreement and try something else. Is it imperative that Mom takes her medicine *right this moment*, or could you approach the topic again in an hour? Knowing when to pick your battles, and choosing those wisely, can keep you feeling sane and your loved one feeling that they still have some control over their situation.

**Rest**

For many family caregivers, planned respite times are crucial for keeping everyone in the family relaxed and healthy. The team at [Visiting Angels](#) is happy to plan a respite care plan with you, specific to your loved one's needs. Allow us the chance to care for your loved one while you enjoy some much needed time away to recalibrate and return refreshed.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

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