

OZIEL GRAND CHAPTER NEWSLETTER



Issue 009

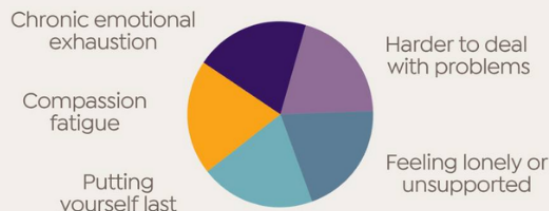
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During Women's History Month, it's important to talk not only about strength and sacrifice, but also about the cost of caregiving. Caregiver burnout is real and it affects millions of women who are carrying emotional, physical, and mental loads with little rest or recognition. Women are often expected to be caregivers by default. They juggle work, family, and caregiving responsibilities, frequently placing their own needs last. Over time, this constant giving can lead to exhaustion, anxiety, depression, and isolation. Burnout doesn't mean someone is failing, it means they've been strong for too long without enough support. Honoring women caregivers means more than celebrating their resilience. It means acknowledging burnout, normalizing the need for help, and advocating for systems that offer relief, flexibility, and care for the caregiver. Rest is not a reward; it's a necessity. This Women's History Month, let's move beyond praise alone and commit to action. Checking in on caregivers, sharing resources, and creating spaces where women are allowed to pause, breathe, and be cared for too.

What people think caregiver burnout is



What caregiver burnout really is



 Welbe Health

Coping Strategies for Caregivers

1. Accept your feelings.
Stress, frustration, & exhaustion are normal. Don't add guilt on top of them.
2. Ask for specific help.
Caregiving isn't meant to be done alone. Reach out to family, friends, or support groups. Organizations like Family Caregiver Alliance offer free resources.
3. Schedule real breaks.
Even short, regular respite time helps prevent burnout.
4. Lower the bar.
Focus on safety and essentials. "Good enough" is enough.
5. Protect your health.
Sleep, eat regularly, move your body, and keep medical appointments.
6. Use quick stress resets.
Deep breathing, short walks, or 1-minute grounding exercises can calm your nervous system.
7. Watch for burnout signs.
Ongoing irritability, hopelessness, or exhaustion may mean you need more support.

It's important to know that caregiver burnout is not a sign of weakness—it's a response to chronic stress. Support, breaks, and self-care are essential to prevent it from worsening.

We'd Love to Hear from You!

Any member of Oziel Grand Chapter is welcome to contribute tips, personal experiences, advice, or other topics for inclusion in the monthly newsletter. Submissions will remain anonymous if desired. **Please send your submissions to Sister Erika Bennett at healthfirst@ogcoespha.org.** Let's continue to support & inspire one another on the journey of health and wellness.