

# Supporting Caregiver Resilience and Needs

Webinar Part 1: Stress and Burnout

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## Agenda

- Background
- Goals of the Workshop
- Addressing Needs
- Summary

## Background: Caregiver Needs

- 34.2 million Americans providing unpaid care to an adult age 50 or older in the last 12 months.
- Caregivers are more likely to experience emotional and physical stress.
- Caregivers are more likely to have multiple chronic illnesses as a result of neglecting their own needs in order to help others.
- Decline in caregivers' health negatively impacts their ability to provide care.

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### Four most commonly stated needs:

- Managing emotional and/or physical stress
- Overall self-care
- Coping with time, energy, and financial demands
- Communicating more effectively with the recipient.

### Goals for Today

1. Increase your self-efficacy and resilience as a caregiver.
2. Learn skills to assess and manage stress and burnout.
3. Increase sense of support.

## Assessing and Managing Emotional and Physical Stress

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## Introduction to Stress

When individuals do not engage in self-care, they are more likely to experience stress, which can lead to burnout.

Stress is our body's reaction to life

- Some stress can be helpful: Helps us accomplish tasks and challenges us
- Prolonged, frequent, and/or intense stress impacts us in very serious ways

| Physical  | Emotional   | Behavioral  |
|---|---|---|
| <ul style="list-style-type: none"> <li>✓ Fatigue</li> <li>✓ Sleep difficulties</li> <li>✓ Stomachache</li> <li>✓ Chest pain</li> <li>✓ Muscle pain and tension</li> <li>✓ Headaches and migraines</li> <li>✓ Indigestion</li> <li>✓ Nausea</li> <li>✓ Increased sweating</li> <li>✓ Weakened immune system</li> <li>✓ Neck and back pain</li> </ul> | <ul style="list-style-type: none"> <li>✓ Loss of motivation</li> <li>✓ Increased irritability and anger</li> <li>✓ Anxiety</li> <li>✓ Depression or sadness</li> <li>✓ Restlessness</li> <li>✓ Inability to focus</li> <li>✓ Mood instability</li> <li>✓ Decreased sex drive</li> </ul> | <ul style="list-style-type: none"> <li>✓ Unhealthy eating (over or under eating)</li> <li>✓ Drug or alcohol use</li> <li>✓ Social Withdrawal</li> <li>✓ Nail biting</li> <li>✓ Constant thoughts about stressors</li> </ul> |

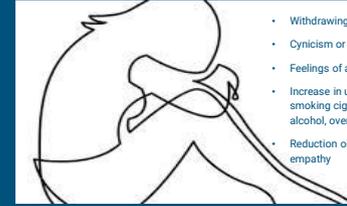
## Introduction to Burnout

Burnout is our reaction to chronic stress and it manifests in 3 ways:

- Emotional exhaustion
- Depersonalization
- Personal Accomplishment



## Common Signs of Caregiver Burnout



- Withdrawing or isolation
- Cynicism or feelings of hopelessness
- Feelings of anger or irritability
- Increase in unhealthy behaviors (ex: smoking cigarettes, using drugs and/or alcohol, over/under eating, etc.)
- Reduction or loss of compassion or empathy

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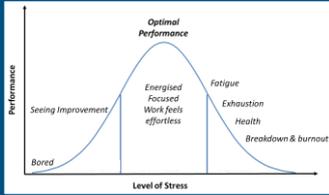
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### Visual Representation of Stress and Burnout



### How is Burnout Different from Stress?

## STRESS vs BURNOUT

- Overengagement
- Reactive or over reactive emotions
- Sense of urgency and hyperactivity
- Lost or diminished energy
- Leads to anxiety
- Physically tolling



- Disengagement
- Blunted or distant emotions
- Sense of helplessness
- Motivation is lost or diminished
- Leads to feeling depressed
- Emotionally tolling

## Stress Level Check-In

Booklet pages 4 and 5

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## Stress Activity 1: Differentiating Stress and Burnout

Circle each sign of stress that you have experienced

Circle each sign of burnout that you have experienced

Next to each circled item, rate how troubling the sign is on a scale of 1-10 (1 = not troubling and 10 = the most troubling)

| My Signs of Stress or Burnout  |   |
|--|---|
| Stress   | Burnout   |
| <input type="checkbox"/> Over-engaged: Putting too much effort into things | <input type="checkbox"/> Overengaged: Putting a little to no effort |
| <input type="checkbox"/> Strong emotions and high emotional reactivity     | <input type="checkbox"/> Distant emotions                           |
| <input type="checkbox"/> Hyperactivity                                     | <input type="checkbox"/> Feeling drained                            |
| <input type="checkbox"/> Fatigue or reduced energy                         | <input type="checkbox"/> Reduced or lost motivation                 |
| <input type="checkbox"/> Anxiety   | <input type="checkbox"/> Depression                                 |
| <input type="checkbox"/> Physically tiring                                 | <input type="checkbox"/> Emotionally tiring                         |

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## Stress Activity 1: Example

Circle each sign of stress that you have experienced

Circle each sign of burnout that you have experienced

Next to each circled item, rate how troubling the sign is on a scale of 1-10 (1 = not troubling and 10 = the most troubling)

| My Signs of Stress or Burnout   |   |
|---|---|
| Stress  | Burnout   |
| <input checked="" type="checkbox"/> Over engaged: Putting too much effort into things | <input type="checkbox"/> Overengaged: Putting a little to no effort |
| <input checked="" type="checkbox"/> Strong emotions and high emotional reactivity     | <input type="checkbox"/> Distant emotions                           |
| <input type="checkbox"/> Hyperactivity  | <input checked="" type="checkbox"/> Feeling drained                 |
| <input checked="" type="checkbox"/> Fatigue or reduced energy                         | <input type="checkbox"/> Reduced or lost motivation                 |
| <input checked="" type="checkbox"/> Anxiety   | <input type="checkbox"/> Depression                                 |
| <input checked="" type="checkbox"/> Physically tiring                                 | <input checked="" type="checkbox"/> Emotionally tiring              |

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## Stress Activity 2: Common Signs

Circle the signs of burnout and stress you have experienced before

Next to each item you circled, rate how troubling the sign is on a scale of 1-10 (1 = not troubling and 10 = the most troubling)

| Common Signs of Stress and Burnout                  |   |   |
|---|---|---|
| Physical  | Emotional   | Behavioral  |
| <input type="checkbox"/> Fatigue                    | <input type="checkbox"/> Loss of motivation               | <input type="checkbox"/> Struggling to get started in the morning |
| <input type="checkbox"/> Sleep difficulties         | <input type="checkbox"/> Irrigated irritability and anger | <input type="checkbox"/> Struggle to let go                       |
| <input type="checkbox"/> Headaches                  | <input type="checkbox"/> Anxiety                          | <input type="checkbox"/> Social withdrawal                        |
| <input type="checkbox"/> Chest pain                 | <input type="checkbox"/> Depression or sadness            | <input type="checkbox"/> Burnout                                  |
| <input type="checkbox"/> Muscle pain/tension        | <input type="checkbox"/> Frustration                      | <input type="checkbox"/> Constant thoughts about someone          |
| <input type="checkbox"/> Headaches and/or migraines | <input type="checkbox"/> Inability to focus               | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Irritability               | <input type="checkbox"/> Mood instability                 | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Nausea                     | <input type="checkbox"/> Decreased sex drive              | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Increased sweating         | <input type="checkbox"/> Other                            | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Weight-loss or gain        | <input type="checkbox"/> Other                            | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Neck and back pain         | <input type="checkbox"/> Other                            | <input type="checkbox"/> Other                                    |
| <input type="checkbox"/> Other                      | <input type="checkbox"/> Other                            | <input type="checkbox"/> Other                                    |

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## Stress Activity 2: Example

Circle the signs of burnout and stress you have experienced before

Next to each item you circled, rate how troubling the sign is on a scale of 1-10 (1 = not troubling and 10 = the most troubling)

Stress Activity 2: Identifying Other Common Signs of Stress and Burnout

| Common Signs of Stress and Burnout                  |  |   |
|---|--|---|
| Physical  | Emotional  | Behavioral  |
| <input checked="" type="checkbox"/> Fatigue         | <input type="checkbox"/> Loss of motivation                            | <input type="checkbox"/> Irritability, anger or mood or work output |
| <input checked="" type="checkbox"/> Head aches      | <input checked="" type="checkbox"/> Increased absenteeism or tardiness | <input type="checkbox"/> Change in alcohol use                      |
| <input type="checkbox"/> Headaches                  | <input type="checkbox"/> Anxiety                                       | <input checked="" type="checkbox"/> Social withdrawal               |
| <input type="checkbox"/> Chest pain                 | <input type="checkbox"/> Depression or sadness                         | <input checked="" type="checkbox"/> Not being                       |
| <input type="checkbox"/> Muscle pain and tension    | <input type="checkbox"/> Frustration                                   | <input type="checkbox"/> Concern thoughts about work                |
| <input type="checkbox"/> Headaches and/or dizziness | <input checked="" type="checkbox"/> Inability to focus                 | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Irritability               | <input type="checkbox"/> Increased anxiety                             | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Nervous                    | <input type="checkbox"/> Decreased sex drive                           | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Increased sweating         | <input type="checkbox"/> Other   | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Weakened immune system     | <input type="checkbox"/> Other   | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Neck and back pain         | <input type="checkbox"/> Other   | <input type="checkbox"/> Other                                      |
| <input type="checkbox"/> Other                      |  |   |
| <input type="checkbox"/> Other                      |  |   |

## How to Prevent or Reduce Stress and Burnout

- Basic maintenance
  - Get 6-8 hours of sleep each night
  - Drink water
  - Eat a nutritious diet
  - Engage in physical activity
- Engage in pleasant activities (ex: hobbies)
- Regularly engage in Self-Care




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## Stress Activity 3: Emergency Self-Care Plan

Sometimes when we feel stressed or burned out, it can be difficult to think of what might help.

By making this plan, you won't have to think about what might help, you'll already know!

This plan can be changed at any point in time to best suit your needs.

Stress Activity 3: Emergency Self-Care

1. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
2. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
3. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
4. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
5. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
6. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
7. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)
8. What are signs you feel stressed or burned out? (e.g., fatigue, irritability, mood changes, decreased work output, etc.)

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### Stress Activity 3: Example

**Stress Activity 3: Emergency Drill Case**

1. What are some signs you should look for to recognize stressors in an individual? What are some signs you should look for to recognize stressors in a group? What are some signs you should look for to recognize stressors in a community?

**Stress Activity 3: Emergency Drill Case**

2. What are some signs you should look for to recognize stressors in an individual? What are some signs you should look for to recognize stressors in a group? What are some signs you should look for to recognize stressors in a community?

3. What are some signs you should look for to recognize stressors in an individual? What are some signs you should look for to recognize stressors in a group? What are some signs you should look for to recognize stressors in a community?

### Part 1 Summary and Final Thoughts

- Any questions or comments before we end for the day?

See Reference Handout for Sources of Information in the Presentation

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