

# Supporting Caregiver Resilience and Needs

Webinar Part 1: Stress and Burnout

Developed by Jennifer Milore, MS and Robin D'Amico with Dr. Scott Glassman

## 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.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### 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

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 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

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

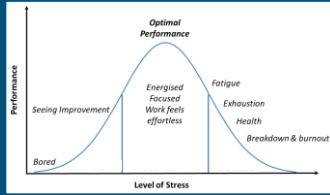
---

---

---

---

### 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

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

## 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)

Stress Activity 1: Differentiating Stress and Burnout			
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 too much effort	<input type="checkbox"/> Overengaged: Putting a little too much effort	<input type="checkbox"/> Overengaged: Putting a little too much effort
<input type="checkbox"/> Strong emotions and high emotional reactivity	<input type="checkbox"/> Distant emotions	<input type="checkbox"/> Distal emotions	<input type="checkbox"/> Distal emotions
<input type="checkbox"/> Hyperactivity	<input type="checkbox"/> Feeling drained	<input type="checkbox"/> Feeling drained	<input type="checkbox"/> Feeling drained
<input type="checkbox"/> Fatigue or reduced energy	<input type="checkbox"/> Reduced or low motivation	<input type="checkbox"/> Reduced or low motivation	<input type="checkbox"/> Reduced or low motivation
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Depression	<input type="checkbox"/> Depression	<input type="checkbox"/> Depression
<input type="checkbox"/> Physically tiring	<input type="checkbox"/> Emotionally tiring	<input type="checkbox"/> Emotionally tiring	<input type="checkbox"/> Emotionally tiring

Booklet Page 6

---

---

---

---

---

---

---

---

---

---

## 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)

Stress Activity 1: Differentiating Stress and Burnout			
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 too much effort	<input type="checkbox"/> Overengaged: Putting a little too much effort	<input type="checkbox"/> Overengaged: Putting a little too much effort
<input checked="" type="checkbox"/> Strong emotions and high emotional reactivity	<input type="checkbox"/> Distal emotions	<input type="checkbox"/> Distal emotions	<input type="checkbox"/> Distal emotions
<input type="checkbox"/> Hyperactivity	<input checked="" type="checkbox"/> Feeling drained	<input checked="" type="checkbox"/> Feeling drained	<input type="checkbox"/> Feeling drained
<input checked="" type="checkbox"/> Fatigue or reduced energy	<input type="checkbox"/> Reduced or low motivation	<input type="checkbox"/> Reduced or low motivation	<input type="checkbox"/> Reduced or low motivation
<input checked="" type="checkbox"/> Anxiety	<input type="checkbox"/> Depression	<input type="checkbox"/> Depression	<input type="checkbox"/> Depression
<input checked="" type="checkbox"/> Physically tiring	<input type="checkbox"/> Emotionally tiring	<input type="checkbox"/> Emotionally tiring	<input type="checkbox"/> Emotionally tiring

---

---

---

---

---

---

---

---

---

---

## 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)

Stress Activity 2: Identifying Other Common Signs of Stress and Burnout					
Common Signs of Stress and Burnout					
Physical	Emotional	Behavioral	Physical	Emotional	Behavioral
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Loss of motivation	<input type="checkbox"/> Schedule not being kept or late coming	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Loss of motivation	<input type="checkbox"/> Schedule not being kept or late coming
<input type="checkbox"/> Sleep difficulties	<input type="checkbox"/> Irrigated irritability and anger	<input type="checkbox"/> Change in sleep use	<input type="checkbox"/> Sleep difficulties	<input type="checkbox"/> Irrigated irritability and anger	<input type="checkbox"/> Change in sleep use
<input type="checkbox"/> Irritability	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Social withdrawal	<input type="checkbox"/> Irritability	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Social withdrawal
<input type="checkbox"/> Overwhelm	<input type="checkbox"/> Depression or sadness	<input type="checkbox"/> Burnout	<input type="checkbox"/> Overwhelm	<input type="checkbox"/> Depression or sadness	<input type="checkbox"/> Burnout
<input type="checkbox"/> Health care problems	<input type="checkbox"/> Health issues	<input type="checkbox"/> Loss of interest in activities	<input type="checkbox"/> Health care problems	<input type="checkbox"/> Health issues	<input type="checkbox"/> Loss of interest in activities
<input type="checkbox"/> Headaches and/or migraines	<input type="checkbox"/> Irritable focus	<input type="checkbox"/> Other	<input type="checkbox"/> Headaches and/or migraines	<input type="checkbox"/> Irritable focus	<input type="checkbox"/> Other
<input type="checkbox"/> Indigestion	<input type="checkbox"/> Mood instability	<input type="checkbox"/> Other	<input type="checkbox"/> Indigestion	<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"/> 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"/> 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"/> Weight loss or gain	<input type="checkbox"/> Other	<input type="checkbox"/> Other
<input type="checkbox"/> Head and neck pain	<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Head and neck pain	<input type="checkbox"/> Other	<input type="checkbox"/> Other
<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Other	<input type="checkbox"/> Other

Booklet Page 7

---

---

---

---

---

---

---

---

---

---

## 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 checked="" type="checkbox"/> Head aches <input type="checkbox"/> Headaches <input type="checkbox"/> Chest pain <input type="checkbox"/> Stomach pain and/or indigestion <input checked="" type="checkbox"/> Irritability <input type="checkbox"/> Weakness <input type="checkbox"/> Neck and back pain <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____	<input type="checkbox"/> Loss of motivation <input checked="" type="checkbox"/> Increased irritability <input type="checkbox"/> Anxiety <input type="checkbox"/> Depression or sadness <input type="checkbox"/> Frustration <input type="checkbox"/> Worry <input type="checkbox"/> Decreased creativity <input type="checkbox"/> Other: _____	<input type="checkbox"/> Increased use of alcohol or other drugs <input type="checkbox"/> Change in eating habits <input checked="" type="checkbox"/> Social withdrawal <input type="checkbox"/> "Not being" yourself <input type="checkbox"/> Constant thoughts about work <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




---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

## 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 Plan	
1. What are signs you feel stressed or burned out? (e.g., loss of motivation, irritability, anxiety, depression, or sadness, or changes in eating or sleeping habits, or changes in social withdrawal, or "not being" yourself, or constant thoughts about work, or other)	2. What are signs you feel stressed or burned out?
3. What are signs you feel stressed or burned out? (e.g., loss of motivation, irritability, anxiety, depression, or sadness, or changes in eating or sleeping habits, or changes in social withdrawal, or "not being" yourself, or constant thoughts about work, or other)	4. What are signs you feel stressed or burned out?
5. What are signs you feel stressed or burned out? (e.g., loss of motivation, irritability, anxiety, depression, or sadness, or changes in eating or sleeping habits, or changes in social withdrawal, or "not being" yourself, or constant thoughts about work, or other)	6. What are signs you feel stressed or burned out?

Booklet Pages 8 & 9

---

---

---

---

---

---

---

---

---

---

### Stress Activity 3: Example

**Stress Activity 3: Emergency Drill Case**

1. What are some signs you should look for to recognize stressors in an emergency situation?  
 2. What are some common stressors you might experience in an emergency situation?  
 3. How can you manage stress in an emergency situation?  
 4. What are some signs you should look for to recognize stressors in an emergency situation?  
 5. What are some common stressors you might experience in an emergency situation?  
 6. How can you manage stress in an emergency situation?

2. What are some signs you should look for to recognize stressors in an emergency situation?  
 3. What are some common stressors you might experience in an emergency situation?  
 4. How can you manage stress in an emergency situation?  
 5. What are some signs you should look for to recognize stressors in an emergency situation?  
 6. What are some common stressors you might experience in an emergency situation?  
 7. How can you manage stress in an emergency situation?

3. What are some signs you should look for to recognize stressors in an emergency situation?  
 4. What are some common stressors you might experience in an emergency situation?  
 5. How can you manage stress in an emergency situation?  
 6. What are some signs you should look for to recognize stressors in an emergency situation?  
 7. What are some common stressors you might experience in an emergency situation?  
 8. How can you manage stress in an emergency situation?

### 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

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---