


You Matter Too: Prioritizing Self Care to Combat Caregiver Burnout

Caregiving is a deeply selfless act of love and dedication,
and caring for yourself is just as important to sustain the
compassion you give to others.

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Workshop Objectives

- Recognize signs of burnout
- Understand stress and resilience
- Explore self-care strategies
- Create a personal action plan



What is Caregiver Burnout?

- Physical, emotional, mental exhaustion
- Caused by prolonged caregiving stress
- Impacts both caregivers and patients



Who is at Risk?

- Family caregivers
- Healthcare professionals
- Long-term care staff
- Anyone providing ongoing support



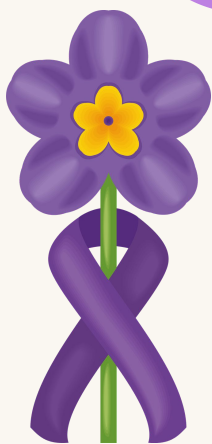
Signs of Burnout

- .Fatigue
- .Irritability
- .Withdrawal
- .Sleep issues
- .Weight Gain/Weight Loss
- .Reduced performance




Emotional Impact

- .Anxiety
- .Depression
- .Guilt
- .Feeling overwhelmed

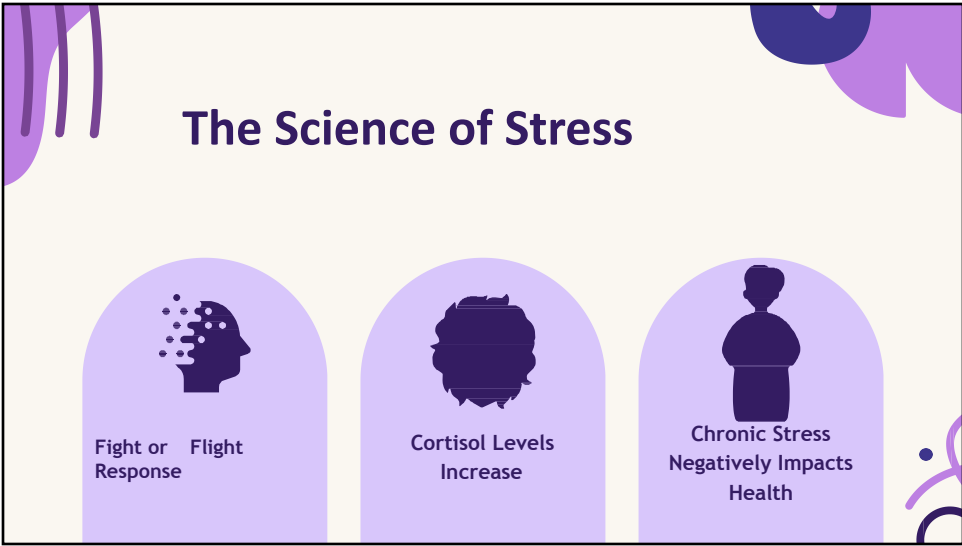


Physical Impact

- .Headaches
- .Weakened immunity
- .Chronic fatigue
- .Poor Weight Management
- .Sleep disruption



The Science of Stress



- Fight or Flight Response
- Cortisol Levels Increase
- Chronic Stress Negatively Impacts Health

Why Self Care Matters

- .Improves health
- . Enhances caregiving ability
- .Prevents burnout



Barriers to Self Care

- .Lack of time
- .Guilt
- .Limited resources
- .High expectations



Types of Self Care

Physical

Emotional

Mental

Social

Physical Self Care

“Whatever you enjoy is what you will consistently do!”



Sleep
Nutrition
Exercise
Hydration



Emotional Self Care

- Journaling
- Talking to others
- Setting boundaries



Mental Self Care



- Mindfulness
- Breaks
- Limiting overload

Social Self Care

- Connecting with others
- Support groups
- Community



Quick Self Care Strategies



Deep Breathing




Short Walks



5 Minute Reset

Setting Boundaries

- Learn to say no
- Protect your time
- Communicate needs



Asking for Help

- Use support systems
- Delegate tasks
- Accept help



Workplace Strategies

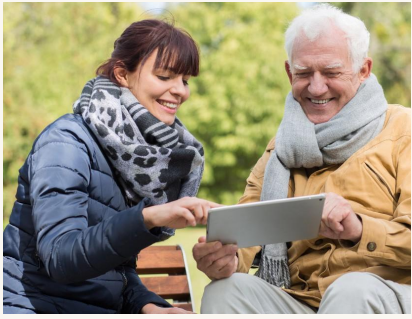
- Team communication
- Breaks
- Utilize resources





Family Caregiver Strategies

- Respite care or Home Care
- Share responsibilities
- Plan ahead



Time for Reflection

- What is one stressor?
- What is one change you can make?


Gratitude Journaling

- 3-5 things that you are grateful for
- for small things matter!
- add on a second time each day



Creating a Self Care Plan

- Identify Needs
- Set Goals
- Start Small
- Stay Consistent




Keys Takeaways

- .You matter!
- .Self-care is essential
- .Small steps make a difference



Resources

- .ADRC
- .Support Groups
- .Alzheimers Association
- .Community programs





**THANK
YOU
FOR YOUR
ATTENTION**

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