

Caregiver Whole Self-Care

(WITHOUT THE GUILT)

WHAT YOU WILL LEARN TODAY:

1

Take **care** of yourself even when you're exhausted and way too busy

2

Quit the guilt **forever**

3

Create the **time** & **energy** you need + the **joy** you want



BONUS // Share Whole Self-Care with your loved ones

YOU CAN DOWNLOAD BONUS MATERIALS HERE
<http://bit.ly/RockyMountainCaregiver>

Hi, I'm Tarah Keech!



- Corporate Fortune 100 consultant since 2011
- MA in Clinical Psych
- Hospice & Palliative Care researcher - UCD, UCH
- LA ♥ Denver ♥ Mobile
- 2 Babes + 1 Dog + 1 True Love
- Teach professional women how to SURVIVE and THRIVE after BURNOUT



Caregiver Whole Self-Care

Can you even imagine...

- Real balance across your life, your family, your career
- Feeling rested (that means restored)
- Peace in your relationships
- Joy and gratitude, even when sh!t is hitting the fan
- Confidence that you're making the right decisions
- Clarity about your wants and what next steps

Caregiver Whole Self-Care

To create, to inspire, to lead and to live
with positive impact on the world

You HAVE to start with yourself

HOW TO TAKE CARE OF YOURSELF

EVEN WHEN YOU'RE
EXHAUSTED AND WAY TOO
BUSY

1. What is **Burnout**?
2. What is Whole-Self-Care?



What is BURNOUT?

**That term gets thrown around a lot, but I believe it's
because there's a scale to it.**

What is BURNOUT?

On one end of the scale, you can be suffering with symptoms of burnout ...

- On any given day,
- In any of your many roles, or
- **Within any specific relationship.**

What is BURNOUT?

And then at the other end of the scale ...

**You can legitimately be knocked flat-out by
burnout.**

What is BURNOUT?

Surviving burnout matters because...

- You have infinitely better things to do with your resources - your energy, your career, your family and personal life.
- Burnout zero's out those reserves - Leaving you high and dry - completely exhausted - angry or disconnected - like you don't recognize yourself.

Before we dig in, I want to share my story with you quickly so you know how I got here and learned all of this [the hard way]!

My Story

- Air Force >> Mobile, AL
- Both grandmothers
- Denver for master's to work with Alz. caregivers
- Nope.

Burnout #1

My Story

- Self-coaching
- Mentors
- Reframing
- **Belief shifting**

My Story

- New career >> Corporate... accelerated advancement... *but...*
- Something's missing >> Evolution of Ambition
- Physically: Miscarriages, Weight gain, Sleep
- Emotionally: Conflict, Nerves
- Mentally: Frustrated, Hazy, "Phoning it in"

Burnout #2

My Story

BACK TO BASICS!

- Self-coaching
- Mentors
- Reframing
- **Belief shifting**

My Story

I KNEW THESE THINGS

WHY COULDN'T I KEEP DOING THEM?

My Story

**I NEEDED
COMMUNITY
TRAINING
SUPPORT**

My Story

Enter THE REAL CREW

- Appreciative Inquiry, Clinical and Motivational Interviewing, Cognitive Behavioral Therapy

PLUS

- **Open + honest + safe + transparent community of real women being real with each other**

My Story

This is Whole Self-Care

When we learn about how the brain works and how thoughts drive every outcome—including emotions, it frees us from the isolation and fear that holds us back from real joy.

We can fully step into our power and create our best possible reality.

So... What is BURNOUT, really?

BURNOUT WARNING SIGNS CHECKLIST

<http://bit.ly/RockyMountainCaregiver>

What is BURNOUT?

“Burnout is a state of chronic stress that leads to:
EMOTIONAL and **MENTAL**, even **PHYSICAL**
exhaustion.”

What is BURNOUT?

Burnout synonyms:

work too hard ... work like a Trojan/horse/slave ...

work/run oneself into the ground ... work one's fingers to the bone ...

drive oneself into the ground ... sweat blood ... work day and night ...

burn the candle at both ends ... burn the midnight oil ...

overtax oneself ... kill oneself ... do too much ... overdo it ...

strain oneself ... overload oneself ... drive/push oneself too hard

EMOTIONAL EXHAUSTION

SYMPTOMS CHECKLIST

- ANXIOUS
- HARD TO FIND JOY
- PESSIMISM
- FRUSTRATION &
IRRITABILITY
- LACK OF SATISFACTION IN
WINS



MENTAL EXHAUSTION

SYMPTOMS CHECKLIST

- LACK OF CREATIVITY
- CRITICAL
- LOSS OF PURPOSE
- FORGETFUL, IMPAIRED FOCUS



PHYSICAL EXHAUSTION

SYMPTOMS CHECKLIST

- FATIGUE
- INSOMNIA
- ZERO SOCIAL PLANS
- POOR PERFORMANCE
- TROUBLE GETTING STARTED



What **CAUSES** burnout?

What is BURNOUT?

Maybe you're familiar with some of these...

- You feel like you have little or no control
- Dysfunctional workplace dynamics
- Work-life balance: Super high workload and overtime
- You're trying to be everything to everyone
- You work in a helping profession (*ahem*, healthcare, teaching, service)
- Lack of support, socially, professionally

FALSE.

What is BURNOUT?

Of course those factors play a role, but

BURNOUT IS CAUSED BY STRESSFUL THINKING,
POOR PLANNING, AND SCARCITY THINKING.

**THE ONLY THING THAT WILL CHANGE THE WAY
YOU FEEL IS THE WAY YOU THINK.**

HOW TO TAKE CARE OF YOURSELF

EVEN WHEN YOU'RE
EXHAUSTED AND WAY TOO
BUSY


1. What is Burnout?
2. What is **Whole-Self-Care**?



Whole Self-Care is the SURVIVAL factor

Why WHOLE Self-Care Matters to You

- Balance
- Cognition
- Health
- Relationships
- Satisfaction
- Focus
- Performance



*“Self-care means taking
good enough care of yourself
that you can continue to
perform at the highest level
in service of others.”*

Self

What is WHOLE Self-Care?

Burnout is not caused by working too much.

It's not caused by having an unbalanced life.

Burnout is caused by the fuel you're using to work.

What is WHOLE Self-Care?



What is WHOLE Self-Care?

BURNOUT IS CAUSED BY STRESSFUL THINKING,
POOR PLANNING, AND SCARCITY THINKING.

**THE ONLY THING THAT WILL CHANGE THE WAY
YOU FEEL IS THE WAY YOU THINK.**

What is WHOLE Self-Care?

Left alone, our minds are capable of going to some dark, gross, mean, hurtful, destructive places.

Our greatest gift - our greatest asset - is our mind.

And we can control that.

HOW we do that is **THOUGHT CURATION.**

What is WHOLE Self-Care?

THOUGHT CURATION

It takes effort.

And it can be hard.

It pays off in EVERY.SINGLE.WAY.

THOUGHT CURATION

THE **HOW** OF
WHOLE SELF-CARE

1. Thought Curator Model
2. Applied



THOUGHT CURATION

— — —

Circumstance	Fact; Provable in court; Neutral; You have no control over them <i>Can trigger...</i>
Thought	One sentence that runs through your mind about the circumstance; Optional <i>Causes...</i>
Feeling	One word description; A vibration in your body <i>Drives...</i>
Action	Any behavior, reaction or inaction <i>Determines...</i>
Result	What the action creates; Always proves the original thought <i>Always proves the original thought.</i>

THOUGHT CURATOR JOURNAL + PLANNER

<http://bit.ly/RockyMountainCaregiver>

THOUGHT CURATION

These are **UNIVERSAL TRUTHS** //

THE ONLY THING THAT WILL CHANGE THE WAY
YOU FEEL IS THE WAY YOU THINK.

**THOUGHT CURATION IS HOW YOU CHANGE THE
WAY YOU THINK.**

THOUGHT CURATION

THE **HOW** OF
WHOLE SELF-CARE

1. Thought Curator Model
2. Applied



THOUGHT CURATION IS... BRAIN SCIENCE

PREFRONTAL CORTEX

Executive function

Decision making

Planning

*"You get what you pay
for."*

NEURAL EXPRESSWAYS

Automatic Consciousness

Entrenchment

Super Highways

THE AMYGDALA

Fear Responses >>

Fight or Flight >>

Survival

"Hot Wired"

THOUGHT CURATION IS...

Thought Curation is **NOT**...

- Silver linings
- Happy thoughts
- White-washing
- Oblivious

THOUGHT CURATION IS...

Thought Curation **IS** ...

- A way to see what's going on
- Truth
- Tool

THOUGHT CURATION IS...

REVERSE ENGINEERING

“What is success?”

1. What result do you want? (RESULT)
2. Action needed? (ACTION)
3. Fuel? (FEELING)
4. Focus? (**THOUGHT**)

How do you know you need Thought Curation?



- Burnout
- Friction: **GUILT**
- Results are not what you want: **NO TIME, ENERGY, or JOY**
- Continue bad habits
- Not showing up for yourself the way you want
- Ready for a change



Applied THOUGHT CURATION

50 / 50 EXPERIENCE

Will you wallow?

Will you simmer?

Will you sit unsatisfied and unfulfilled?

OR...

Applied THOUGHT CURATION



50 / 50 EXPERIENCE

Dig in with **CURIOSITY**

How are your thoughts are serving you?

How are they affecting your emotion?

How are they driving your actions and results?

Applied THOUGHT CURATION

REAL LIFE // QUIT THE GUILT

C	Your dad was recently diagnosed with dementia.
T	“I was so mean to him before I knew. I’m a horrible child.”
F	Grieved, Tortured, Guilty
A	Avoidance
R	You don’t engage with him.

Applied THOUGHT CURATION

REAL LIFE // QUIT THE GUILT

C	Your dad was recently diagnosed with dementia.
T	“I’m capable of learning how to communicate with him.”
F	
A	
R	

Applied THOUGHT CURATION

REAL LIFE // QUIT THE GUILT

C	You are not local and you're not the primary caregiver
T	"My sibling is doing a better job and is honoring Mom more than me."
F	Resentful, Guilty
A	Hostile, Snarky
R	Your sibling and you argue and you don't participate in the caregiving.

Applied THOUGHT CURATION

REAL LIFE // QUIT THE GUILT

C	You are not local and you're not the primary caregiver
T	"There are things I can do remotely to support the caregiving effort."
F	
A	
R	

Applied THOUGHT CURATION

REAL LIFE //
CREATE THE TIME & ENERGY
YOU NEED + THE JOY YOU
WANT

C	Your neighbor invited you to join them for dinner.
T	“Mom needs coverage. I can’t leave except for the essentials.”
F	Stuck, Resentful, Left Out
A	None.
R	You stay home.

Applied THOUGHT CURATION

REAL LIFE //
CREATE THE TIME & ENERGY
YOU NEED + THE JOY YOU
WANT

C	Your neighbor invited you to join them for dinner.
T	“Mom needs coverage. I can arrange coverage.”
F	
A	
R	

Applied THOUGHT CURATION

REAL LIFE //
CREATE THE TIME & ENERGY
YOU NEED + THE JOY YOU
WANT

C	You haven't exercised in 3 months.
T	"They're going through hell. Why should I get to enjoy things?"
F	
A	
R	

Applied THOUGHT CURATION

REAL LIFE //
CREATE THE TIME & ENERGY
YOU NEED + THE JOY YOU
WANT

C	You haven't exercised in 3 months.
T	
F	
A	
R	

Applied THOUGHT CURATION

REAL LIFE //
EXAMPLES

C	
T	
F	
A	
R	



YOUR WHOLE SELF-CARE PLAN

DO-ABLE
PRACTICAL
SUSTAINABLE

1. Curiosity
2. Routine & Reminders
3. More



YOUR WHOLE SELF-CARE PLAN

Making it REAL in YOUR REAL life.

The most powerful support you can have is...

Your MIND!

CURIOSITY

- ★ “I am curious about what’s going on.”
- ★ “I am open to observing my circumstance and thoughts.”
- ★ “I am capable of curating my thoughts.”



ROUTINE & REMINDERS

- ★ Journaling
- ★ Literal Reminders



If you want more!



- ★ Team and Group Workshops
- ★ 1:1 Support



BOOK A CALL!

Book a quick touch base call and we can talk through any questions or options you're interested in.

Find a time that works for you here :: <http://bit.ly/LetsTalk1-on-1>

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1

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