

Caring for Yourself as a Caregiver

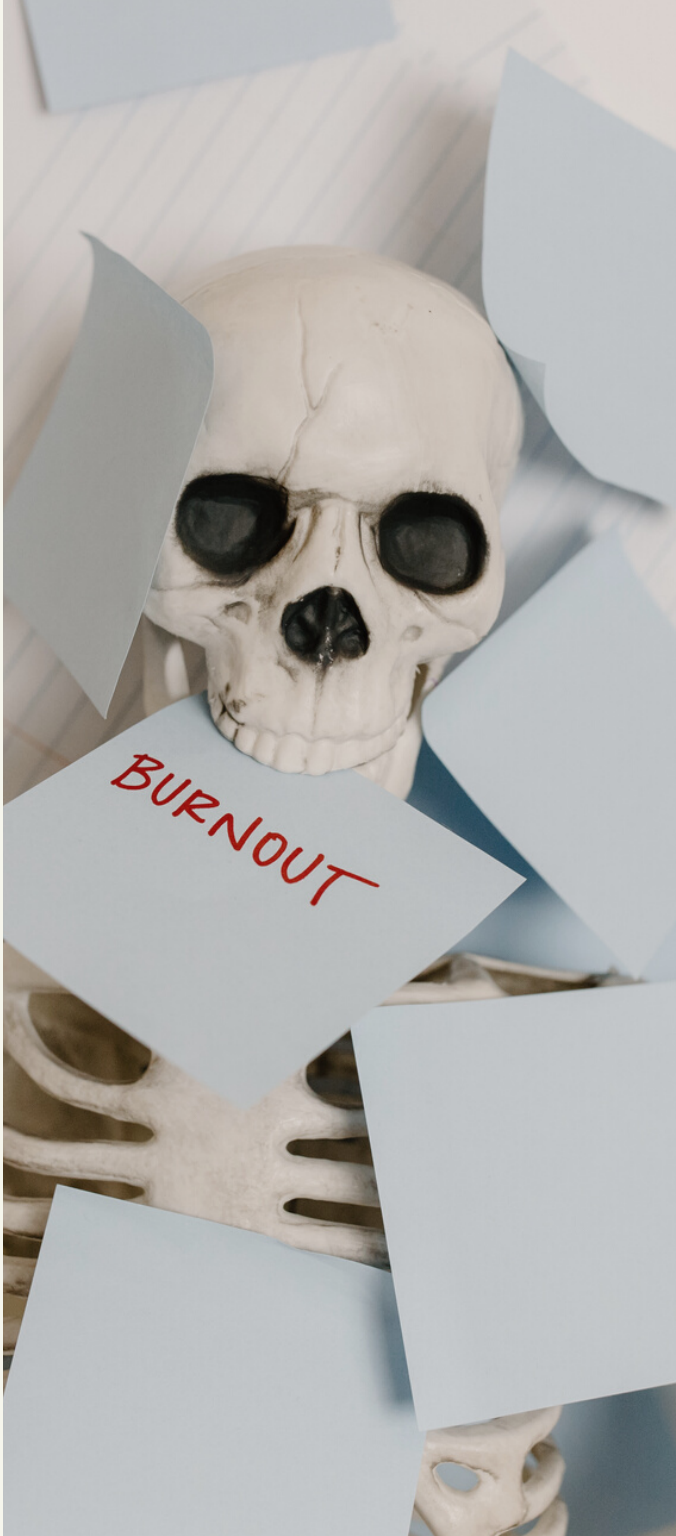
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Why does this matter?

While healthcare workers and caregivers experience some of the most direct and vicarious trauma on a consistent basis, there is a lack of support and education about caring for the emotional impact of their career.

Highest Risk for Burnout

- Consistent exposure to trauma
- Unmanageable workload
- Limited say over their schedules
- Nature of their work requires most, if not all of their energy & emotional capacity
- Lack of training for self care



COMMON SYMPTOMS OF CAREGIVER BURNOUT

- Withdraw from friends, family, and other loved ones
- Loss of interest in activities you once enjoyed
- Feeling irritable, hopeless, helpless
- Changes in appetite, weight, or both
- Changes in sleep patterns
- Get sick more often
- Emotional and physical exhaustion

*Two Areas to
Build Awareness
& Begin Attending
to:*

Emotions & the Body



Consider the Spiritual importance...

If we believe God created humankind (Genesis 1), that includes the intricacies and details of how humans function. We were created to have thoughts, emotions, a nervous system, and somatic sensations. These aspects of being human bring glory to God and deserve our attention and care.

We can be curious about how God made these aspects to interweave and work together. This means we can consider these as good and worthy of our time and attention, knowing that these aspects of being human are, like everything else, subject to the brokenness of sin.

In Scripture, we see Jesus experience exhaustion, grief, betrayal, and gratitude. He acknowledged his physical limitations and allowed himself to weep and rest.

Our mental health, just like our physical and spiritual health, is an aspect of being human that we can steward well and submit to God daily.

Processing Emotions

CURIOSITY IS KEY.

Where is this emotion in my body?

Is this feeling familiar?

What does it mean about me that I'm feeling this?

What other times have I felt this before?

*Floatback Technique

*Journaling

*Reflecting & Sharing with a trusted person- who is this for you?

Engaging your Body

The body stores our stress and trauma. Start noticing tightness, tension & pain, jaw clenching, tightening pelvic floor, headaches, and stomach aches. Begin engaging your body regularly with grounding techniques:

- Standing barefoot in the grass
- Body Scan*
- Going on a walk without headphones
- Drink a cold glass of water; notice sensation as you drink it
- Stand outside for 5 minutes
- 5 Senses Exercise
- Light a candle
- Keep something small in your pocket (coins)
- Place body up against sturdy or cold surface (wall)
- Progressive Muscle Relaxation
- Pause App

Q/A

Book Recommendations:

Resilient, by John Eldridge

Try Softer, by Aundi Kolber

Change Your Brain Change Your Life, by Dr. Daniel Amen

The Body Keeps the Score, by Bessel van der Kolk