

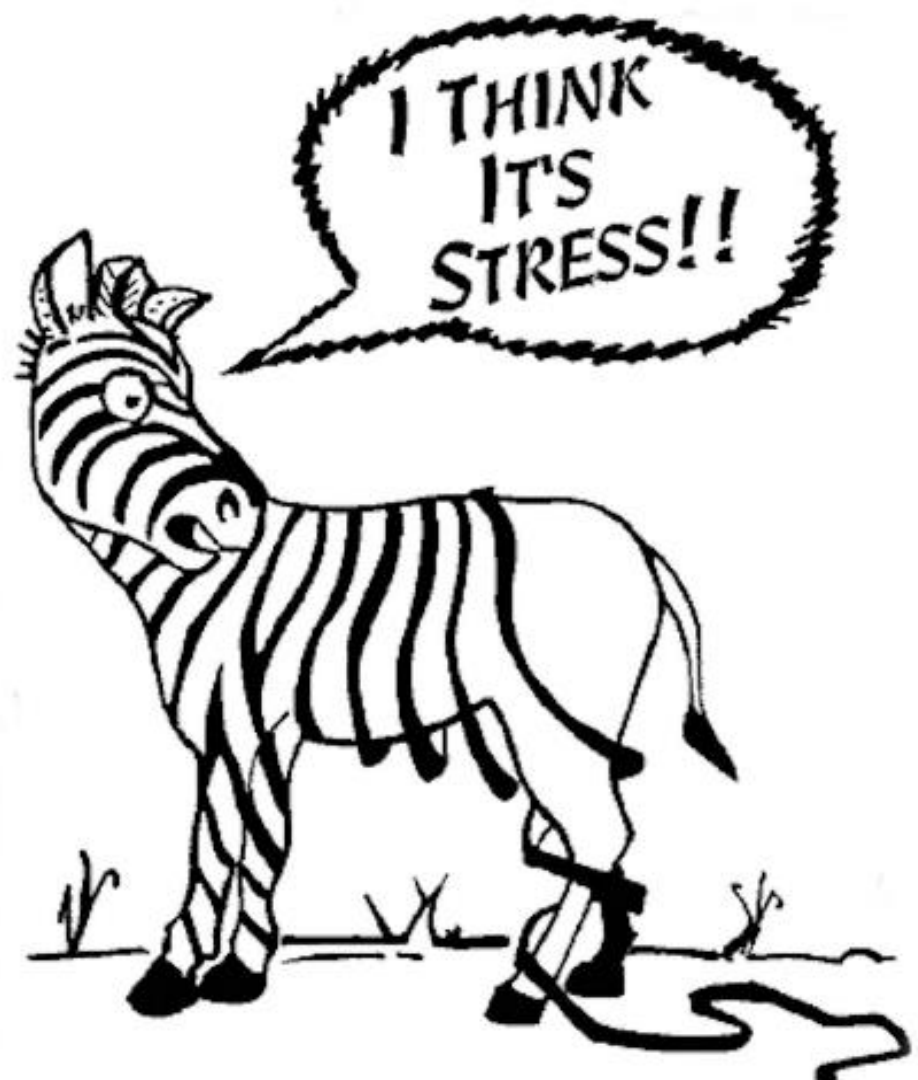
Managing Caregiver Stress

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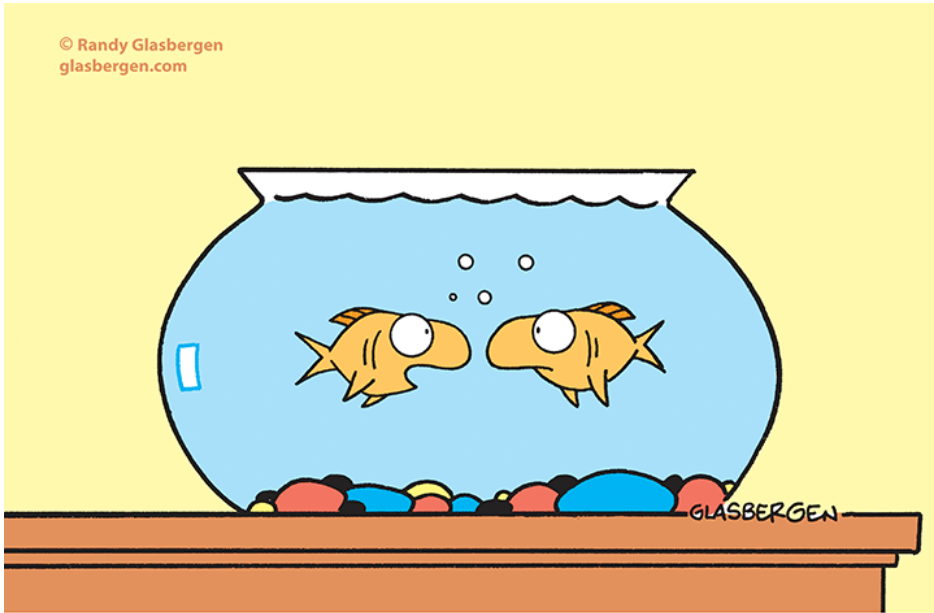
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The Self-Care Conundrum

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glasbergen.com



**“You’ve been awfully tense lately. They say
petting a cat is a great way to relieve stress!”**

Have you tried
SELF CARE?
(it's not that simple)

The background of the slide is a photograph of a park. The top half shows large, leafy green trees against a clear sky. A semi-transparent blue band across the middle contains the text. The bottom half shows a grassy lawn where several people are sitting or walking. A paved path with a rope barrier and a person walking is visible on the right side of the lawn.

What is stress?

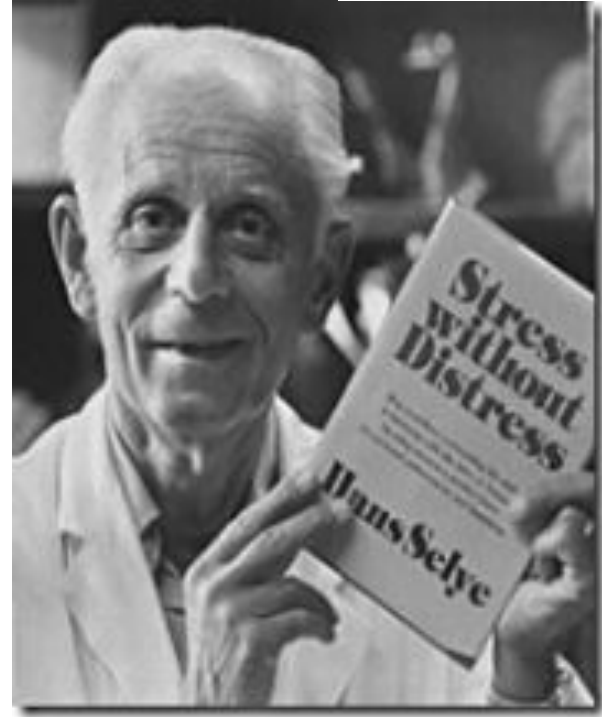
And how does stress affect the body?

Stress: A reaction to demands

“The non-specific response of the body to any demand for change.”

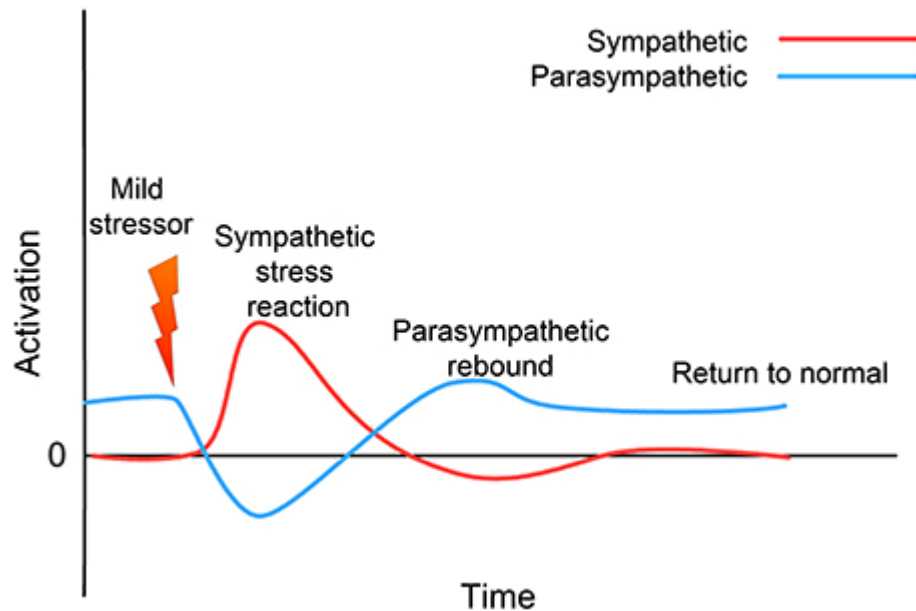
-Hans Selye, 1936

Stress is an **unavoidable part of life**, but how we perceive and react to it is up to us!



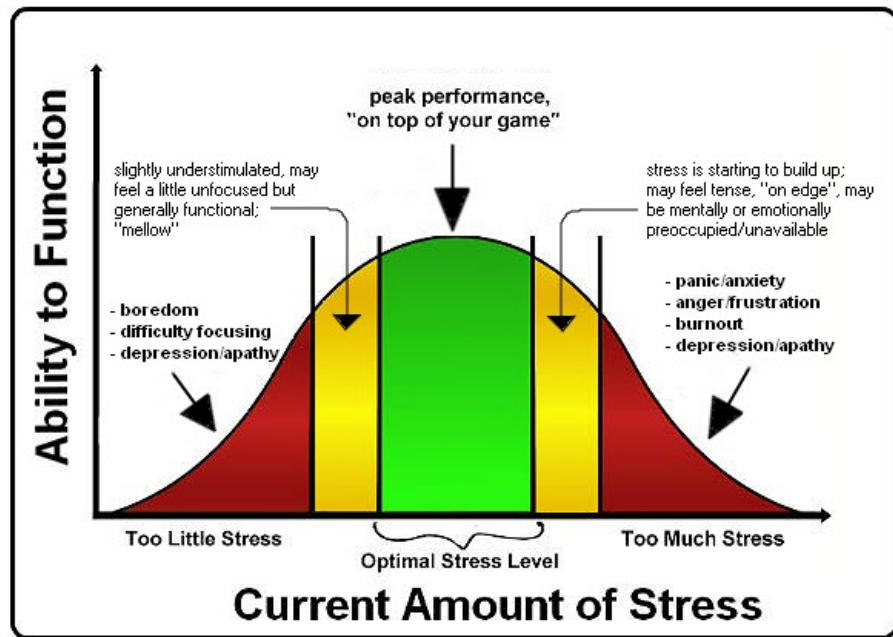
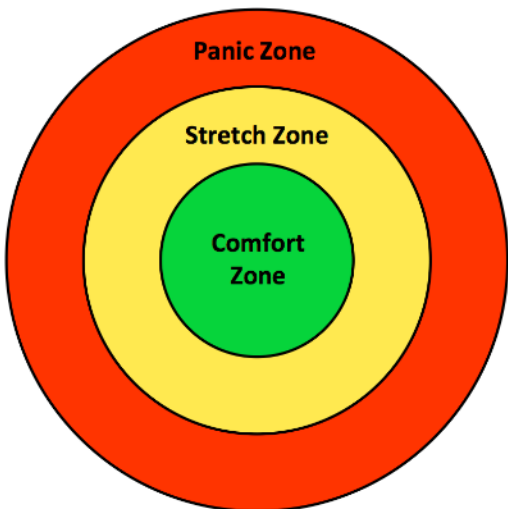
Types of Stress: Mild Acute

Mild acute stress reaction



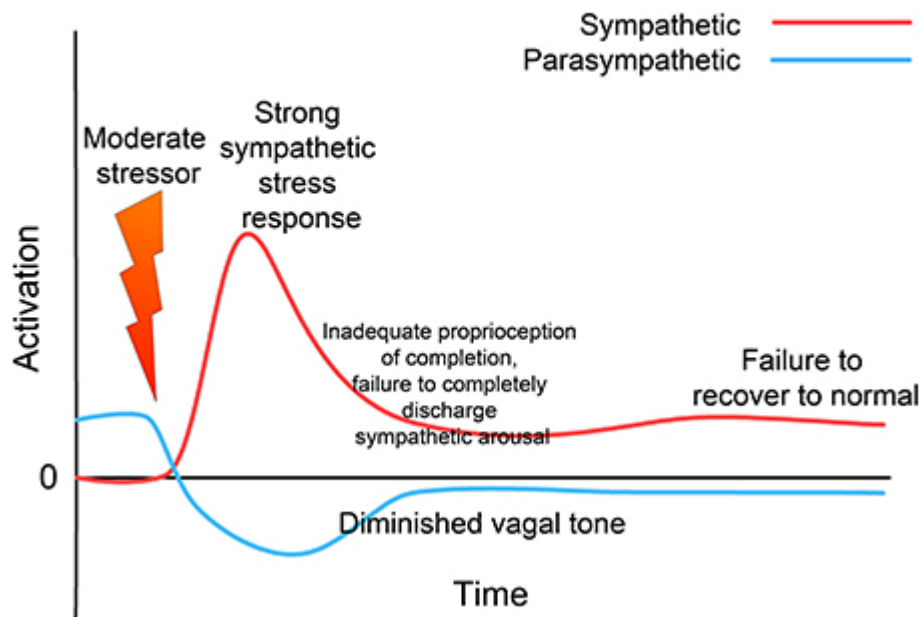
Types of Stress: Good/Bad

- Eustress vs. Distress

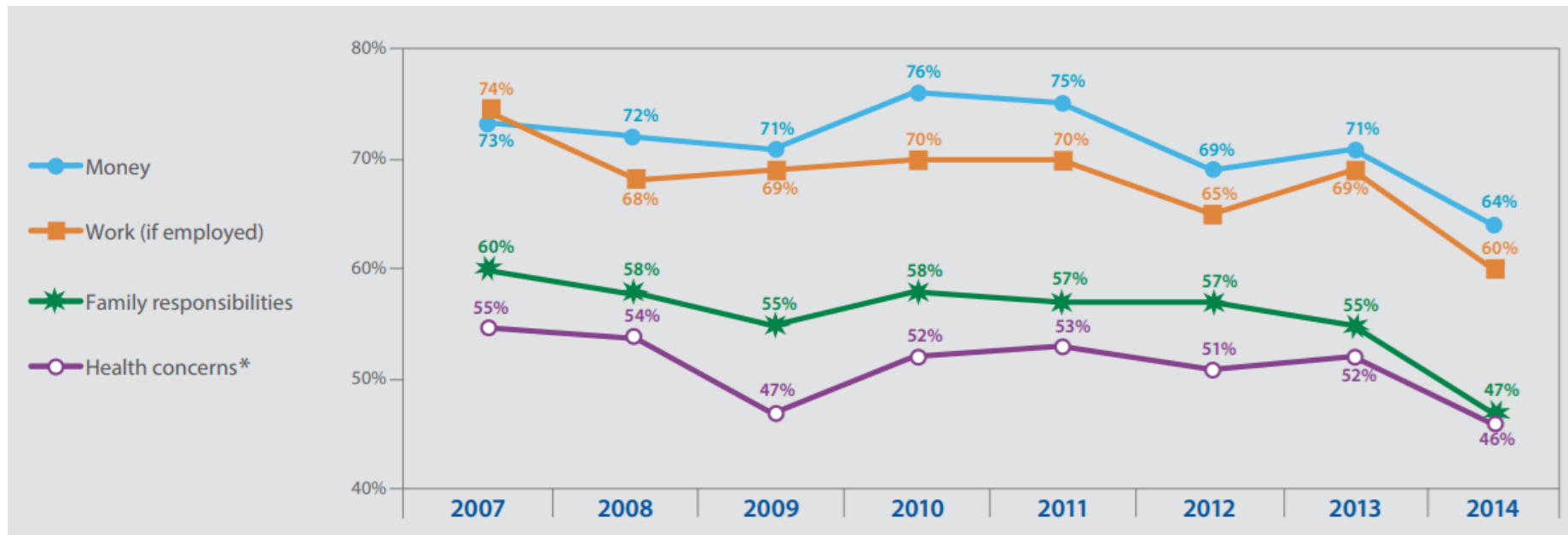


Types of Stress: Chronic

Chronic stress response



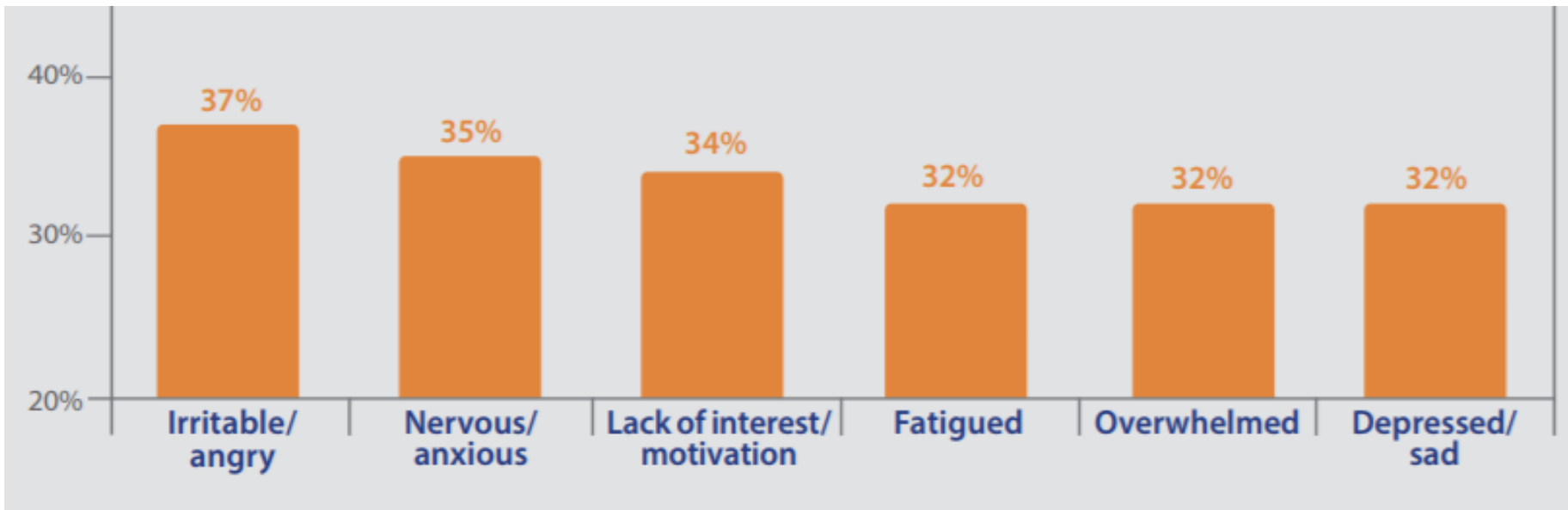
Types of Stress: Chronic



Stress: Physical Symptoms

- Chronic stress seems to cause or worsen:
 - Headaches
 - Back, neck, shoulder pain
 - Weight gain
 - Sleep dysfunction
 - Bruxism (teeth grinding)
 - Tinnitus (ear ringing)
 - Common cold
 - Stomach problems
 - Heart disease
 - Alzheimer's disease
 - Mental illness

Stress: Emotional Symptoms



Burnout



DO YOU HAVE CAREGIVER BURNOUT?

1. YOU NO LONGER FIND PLEASURE IN THINGS YOU ONCE FOUND ENJOYABLE.
2. FRIENDS AND FAMILY HAVE EXPRESSED CONCERNS ABOUT YOUR WELL-BEING.
3. YOU'RE GETTING NEGATIVE FEEDBACK AT WORK.
4. YOU'RE HAVING PROBLEMS WITH YOUR SPOUSE.
5. YOU EXPERIENCE INTENSE AND RECURRENT FEELINGS OF ANGER, SADNESS, WORRY OR FEAR.
6. YOU HAVE DIFFICULTY CONCENTRATING.
7. YOU HAVE TROUBLE SLEEPING, DRASTIC WEIGHT CHANGES OR OTHER UNEXPLAINED HEALTH PROBLEMS.
8. YOU USE A SUBSTANCE TO COPE WITH, MANAGE OR SUPPRESS PAINFUL FEELINGS.

The background of the slide is a photograph of a university campus. The top half shows large, leafy green trees against a clear sky. A semi-transparent blue horizontal band covers the middle section, containing the title and questions. The bottom half shows a grassy lawn with several people sitting or walking, and a paved path with a stroller. A black lamppost is visible in the foreground on the left.

What is Self-Care?

What gets in the way?

How can it work for me?

What is Self-Care?

Self-Care: Taking Care of Yourself!

“Any activity that we do deliberately in order to take care of our mental, emotional, and physical health.”



Self-Care Barriers

1 in 5
(20%)

AMERICANS SAY THEY NEVER
ENGAGE IN AN ACTIVITY TO HELP
relieve or manage their stress

1. Too burned out to do anything
2. Other people come first
3. Not enough time



By Frits Ahlfeldt

1. Too Burned Out

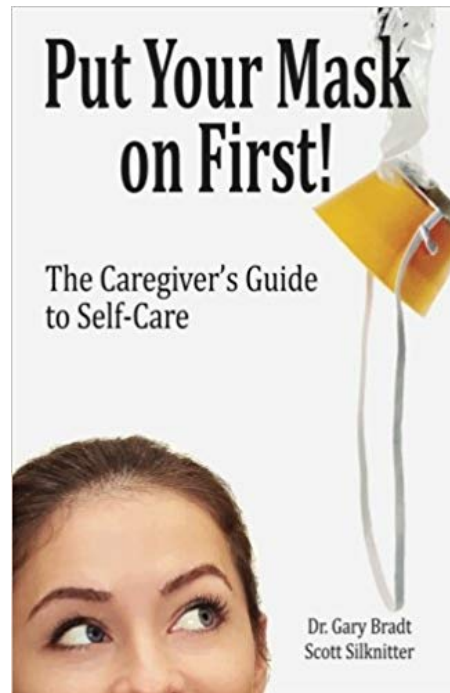
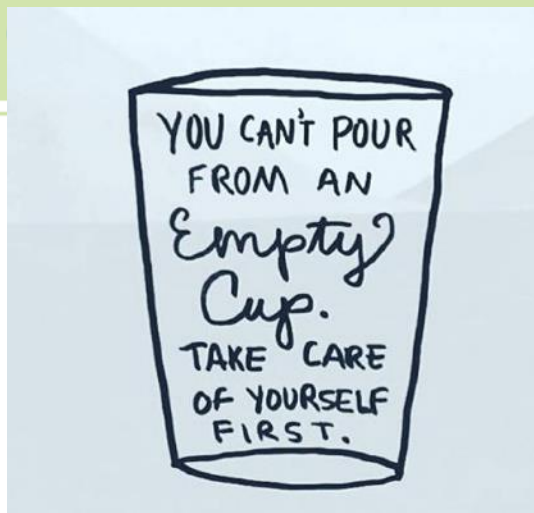
- You deserve credit for
 - Knowing your limits
 - Knowing you are already beyond them
- It's OK to need help!



1. Too Burned Out

- Get the help you need:
 - Take care of **physical health problems**
 - **Share your struggle** with someone
 - Attend to **mental health needs**
 - **Recognize** what caused your burnout
 - **Choose** to do things differently now

2. Other people come first



3. Not enough time

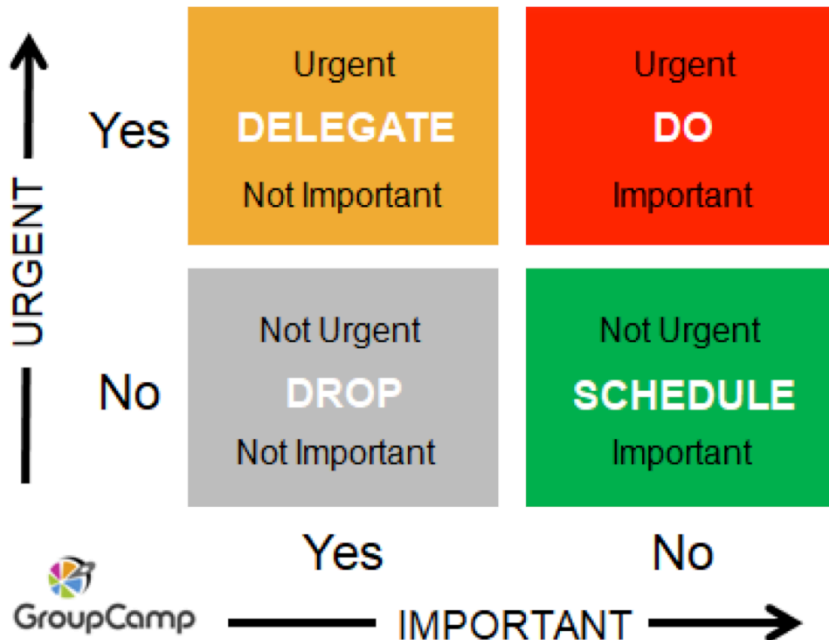
1. **Notice** where you are currently spending time
2. Does this match your **values**?
3. **Realize** how long things take
4. **Accept** limited energy
5. Remember, it's about **priorities**



3. Not enough time



You can't do
everything!



The Basics

- Seek ways to improve sleep
- Take small steps to improve nutrition
- Add exercise to your day
- Connect with others
- Care for your mental health



RECHARGING

- Academy of Medical Royal Colleges (UK):
 - “If physical activity was a drug, it would be classified as a wonder drug.”
 - “Twice as many deaths are due to inactivity than due to obesity on its own”
 - At least 30 min of “moderately intense” exercise 5 days per week

Connecting with Others

- “Numerous studies indicate social support is essential for maintaining physical and psychological health”
- “Social support seems to moderate genetic and environmental vulnerabilities for mental illness”

-- Fatih Ozbay, MD, et. al



COMMON:

- Overestimating what you can do → inevitable failure
- Comparing self to others + Noticing negative → low self-esteem
- Trying to meet expectations of others → weak, resentful, regretful
- Caring only for others + trying to do it all → burnout

MORE HELPUFL:

- Accurately estimate abilities & needs → success, reinforcement
- Comparing self now to past self → recognizing growth and change
- Trying to meet your own expectations → powerful, motivated
- Caring for self + setting limits + asking for help → lower stress

Mental Health

Balance is something you can achieve

Allow others to share the load

Let go of unrealistic expectations

Act upon your goals and priorities

No is a word you can learn to say

Communicate to strengthen relationships

Expect and plan for the unexpected



Self-Care is a Thing You Can Do!

- Mindfulness
- Guided Meditation
- Progressive Muscle Relaxation
- Paced Breathing (2-3-4 or 4-7-8)



Get creative!

- My self-care?



Get creative!

- What's YOURS?



