

Caring for the Caregiver

Manisha Tare, Health Specialist
Native American Child and Family Conference
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Head Start Regional TTA Network

Meet your Presenter



Manisha Tare,
Health Specialist



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Shared Agreements

1. Confidentiality
2. Mutual respect
3. Assume positive intent
4. Cell phones off/vibrate
5. Take Care of Yourself 😊
6. Limit side conversations
7. What else?



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Objectives

- Acknowledge the importance of taking care of ourselves
- Understand the impacts of different types of stress
- Recognize how your state creates a ripple effect
- Explore self-care practices
- Plan for individual and community wellness



Invisible Backpacks

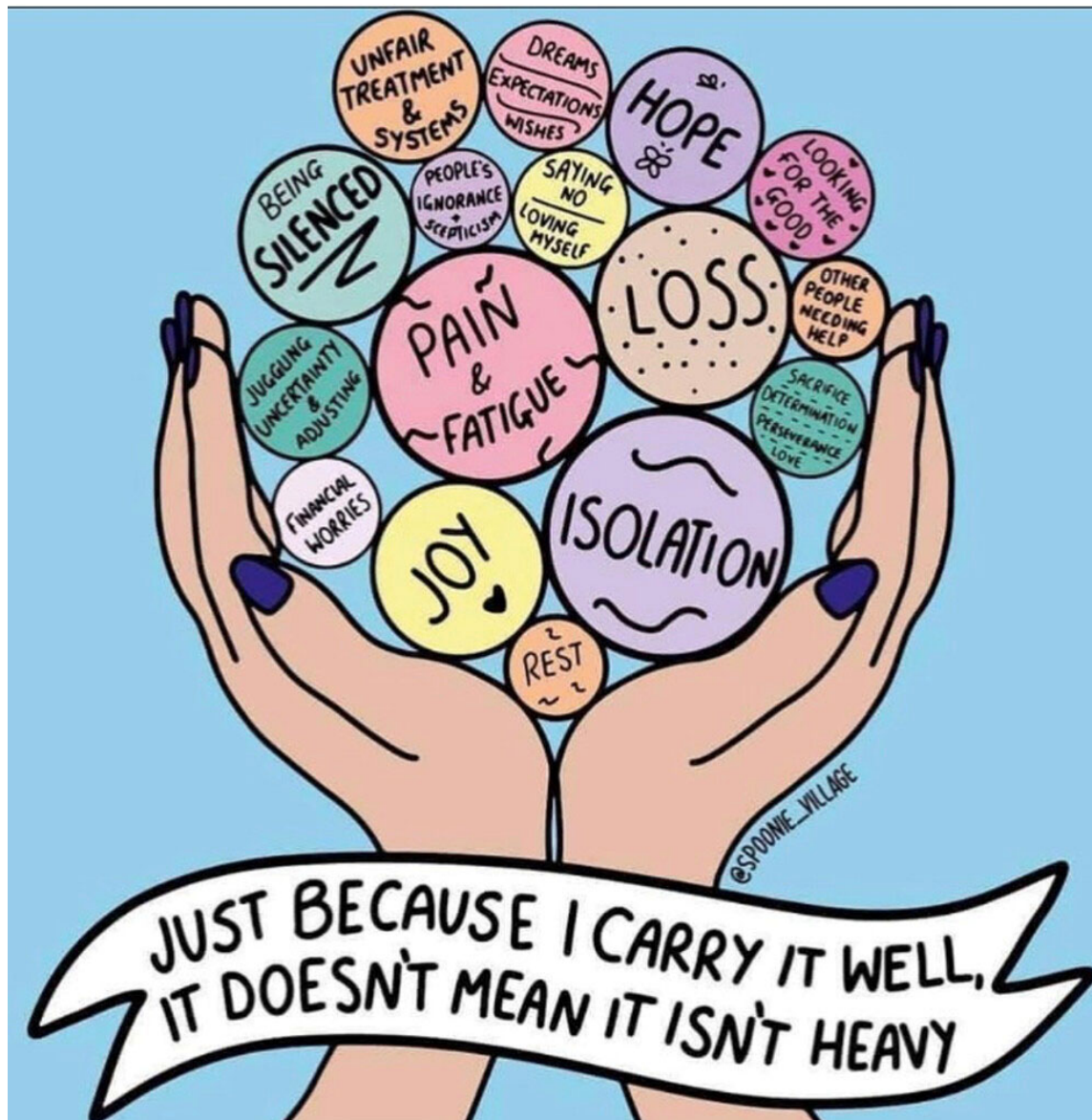
- Everyone carries an invisible backpack
- Never know what someone is going through at any given time
- Sometimes it can feel like it is overflowing/spilling over into daily life and impacting our ability to show up the way we would like



Caring for Ourselves as We Care for Others

Working in caregiver roles can be challenging – constantly being ‘on’ for others without building in systems to care for ourselves





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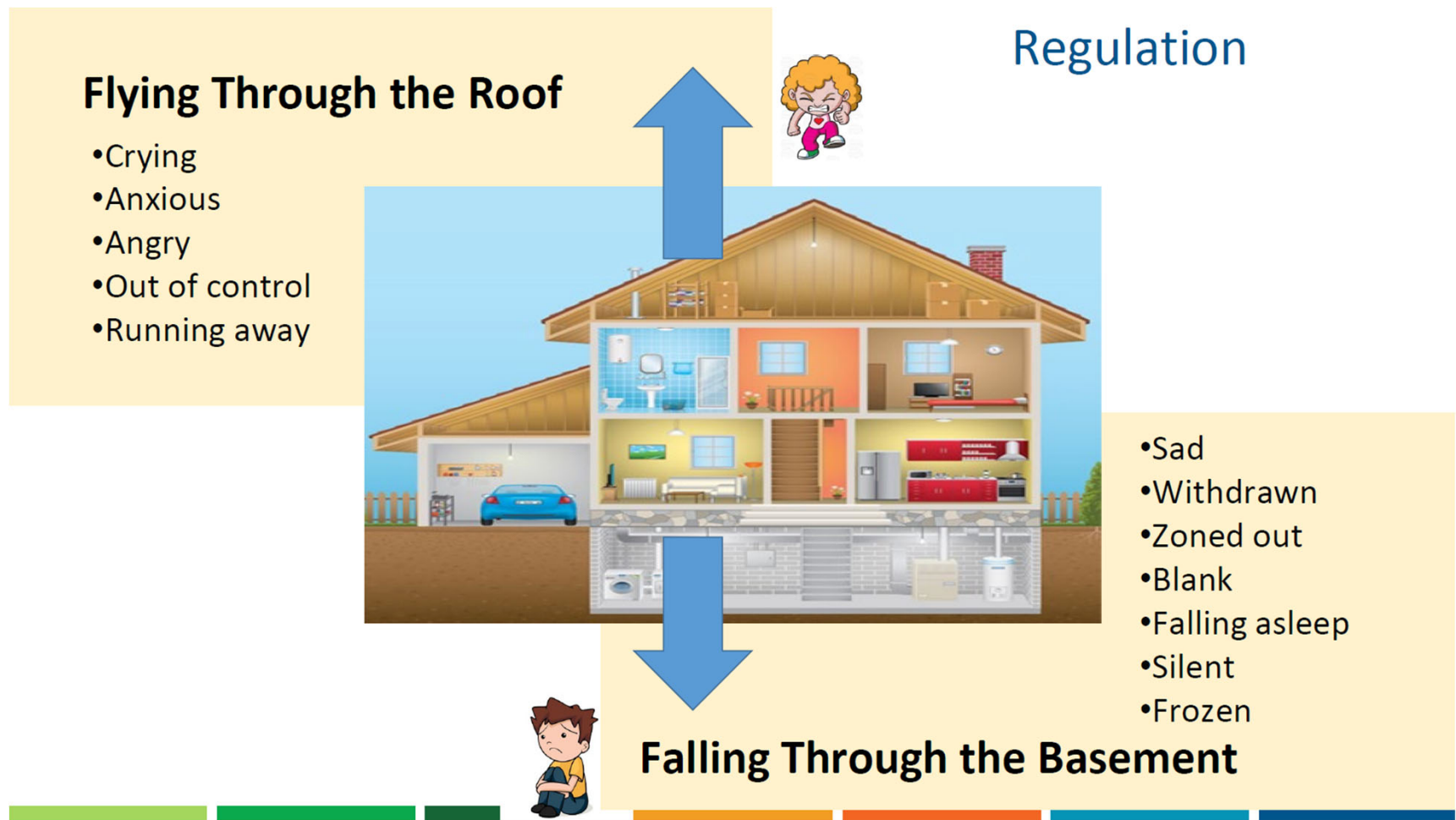
The Effects of Toxic Stress: Investing in Ourselves



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These materials were developed for OHS/Region XI Training and Technical Assistance Network under Contract No 140D0425C0027 by ICF.

Understanding Stress Reactions

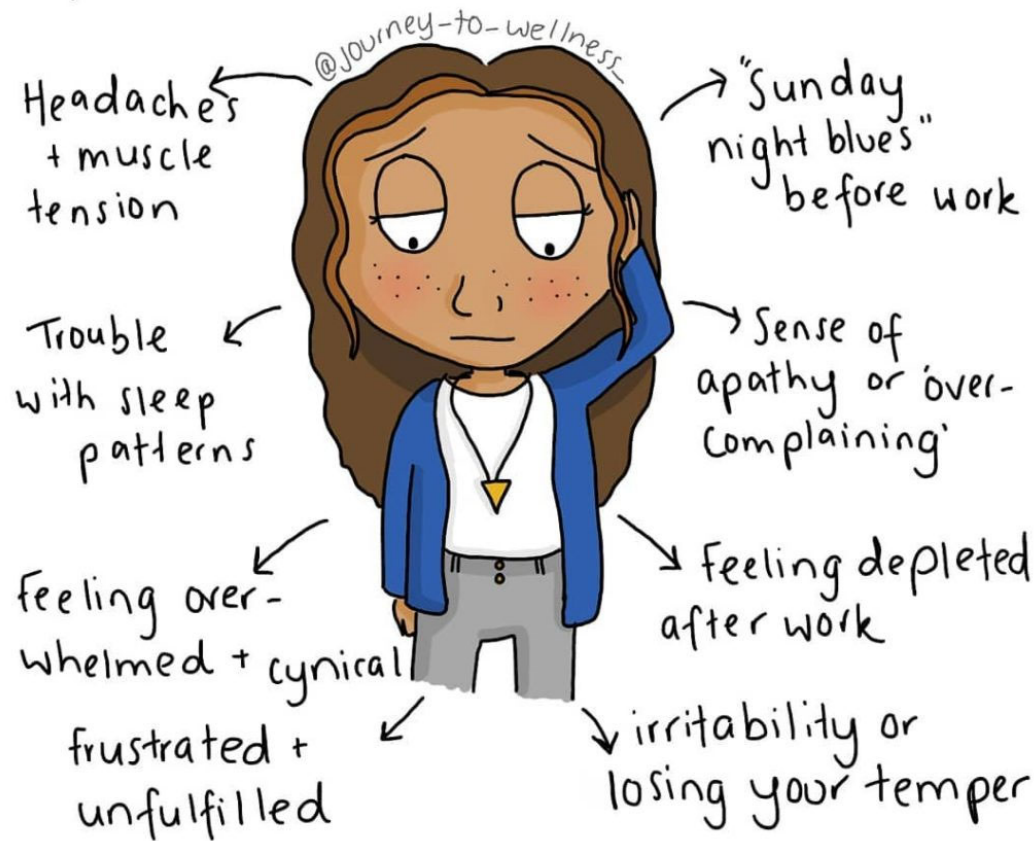


Impacts of Stress

Cognitive:	Emotional:
Memory problems Inability to concentrate Continuous worry Racing thoughts	Feeling Down Feeling overwhelmed Irritability (short temper) Inability to relax
Physical:	Behavioral:
Excessive Perspiration Chest pains/ elevated heart Frequent colds/illness Nausea, dizziness or headaches	Increase /decrease appetite Nervous habits Difficulty/irregular sleeping Excessive use of alcohol, cigarettes or drugs



SIGNS of BURNOUT

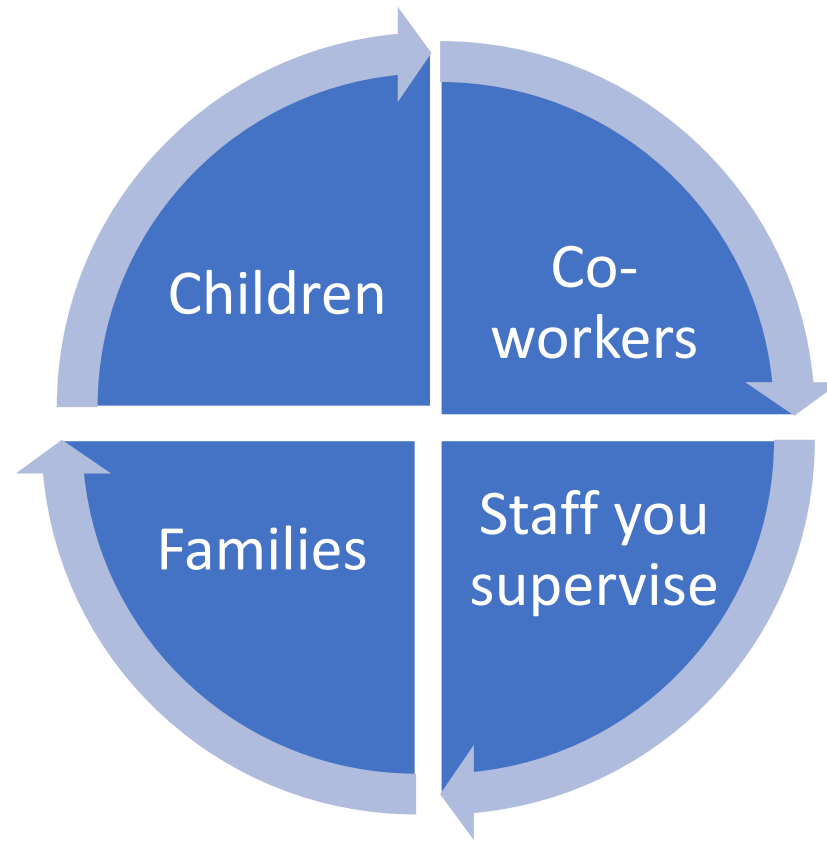


Compassion Fatigue

- involves emotional and physical exhaustion that can affect people who have been exposed to other people's traumas or stressors
- characterized by a decreased ability to empathize, feelings of helplessness, and burnout due to the demands of supporting those who are suffering
- sometimes referred to as secondary or vicarious trauma



Ripple Effect of Stress on Relationships



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BURNOUT, COMPASSION FATIGUE AND VICARIOUS TRAUMA ASSESSMENT

Using the scale, indicate how these statements reflect your actions and feelings.

5 = Very often; 4 = Often; 3 = Sometimes; 2 = Occasionally; 1 = Seldom; 0 = Rarely

- ___ 1. I am NOT happy and content with my work life.
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- ___ 9. Outside of work I avoid certain situations because they remind me of the experiences of those I work with.
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Effects of Adverse Childhood Experiences (ACEs)

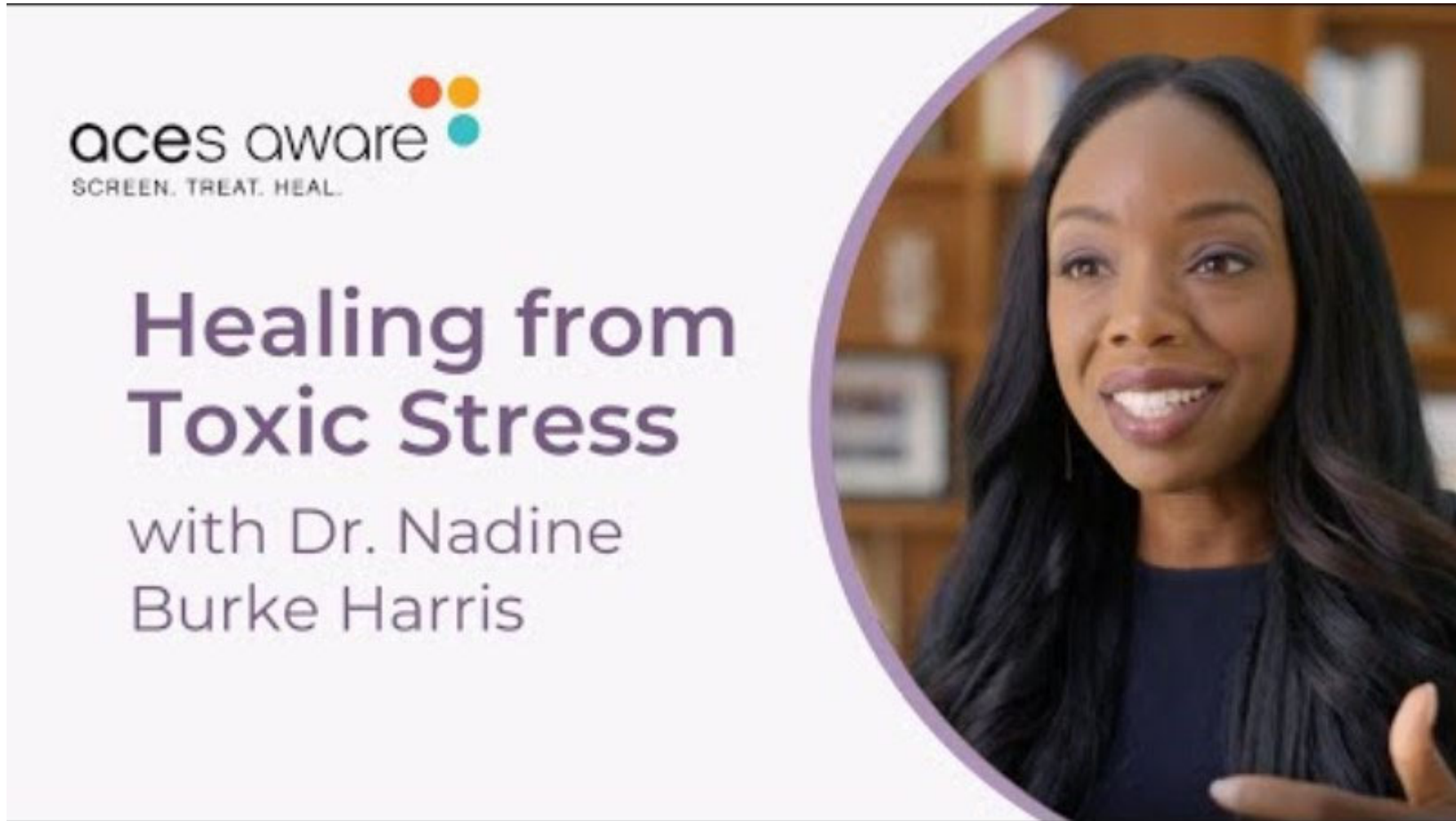
WHAT ARE ADVERSE CHILDHOOD EXPERIENCES?

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur during childhood (ages 0-17). The CDC categorizes ACEs into three main types: abuse, neglect, and household challenges.^{2,3}

Abuse	Neglect	Household Challenges
<ul style="list-style-type: none">» Physical (e.g., being hit by a parent or other adult)» Emotional (e.g., being insulted by a parent or other adult)» Sexual (e.g., being touched sexually by a parent or other adult)	<ul style="list-style-type: none">» Physical (e.g., not having an adult who regularly makes sure basic needs [food, clothing] are met)» Emotional (e.g., rarely feeling safe and protected)	<ul style="list-style-type: none">» Mental illness in the household (e.g., a household member having depression or attempting suicide)» Intimate partner violence (one or more adults in the household experiencing physical or sexual violence)» Divorce (parents/guardians being separated or divorced)» Incarcerated relative (a family member spending time in prison)» Substance misuse in the household (e.g., a household member having alcohol use disorder)



Healing From Toxic Stress



aces aware
SCREEN. TREAT. HEAL.

Healing from Toxic Stress

with Dr. Nadine
Burke Harris



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Staff Well-Being Matters

Well-being is more than the absence of illness or stress, or even feeling content; it is about staff flourishing more holistically.



Reconnecting to Purpose

- Reflect on:
 - What brought you to this work?
 - What meaning do you make of the work that you do?
- Connecting with your purpose can provide direction, meaning and motivation, leading to increased well-being and fulfillment.
- Helps you prioritize your goals, stay motivated during challenging times, and cultivate stronger social connections.



Exploring Self-Care Practices



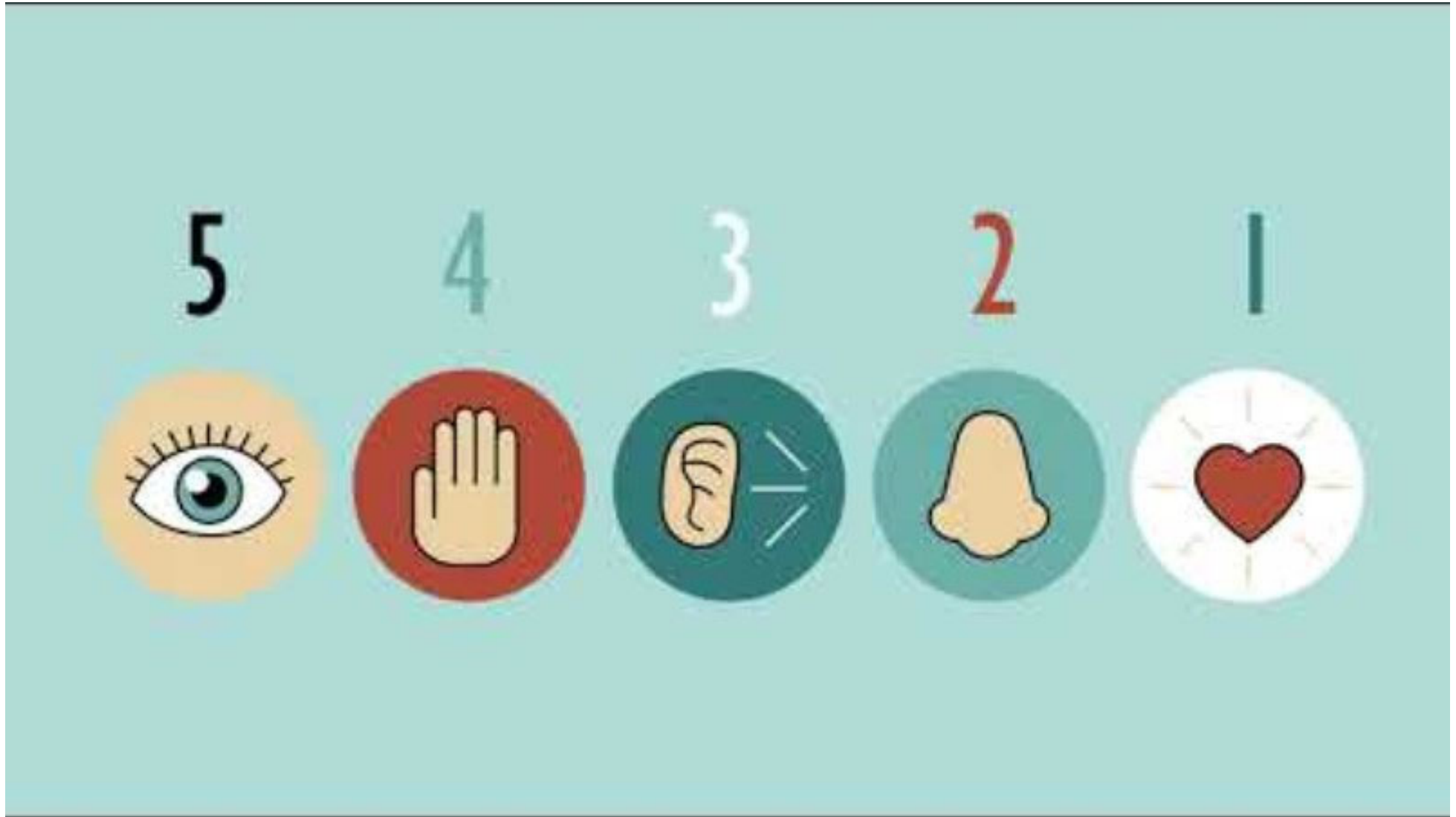
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Grounding

- Brings us back into connection with the present moment
- Grounding (the very physical act of getting the BODY oriented):
 - Direct attention to the feet by moving them.
 - Imagine feet as light and then getting heavier as if they were connected to the earth.
 - Push feet into the ground while sitting or standing.
 - Alternate moving each foot separately.
 - Gently stomp, stand, walk.



A Grounding Exercise



Take a **B**reath

Belly breathing or deep breathing exercises are a proven way to reduce stress. Try this technique standing or seated in a chair:

1. Place your arms and hands at your side, relaxed.
2. Close your eyes.
3. Focus on your belly, the lower part of the stomach. Imagine a small balloon inside.
4. Breathe in slowly and deeply through your nose, imagine the balloon inflating. Hold a few seconds.
5. Slowly exhale through your mouth, imagining the balloon gently deflating. Blow out of your mouth as if you were blowing out a candle.
6. Repeat at least three times.

TIP: Place a hand over your belly to feel it go up and down, and make sure you're not breathing with your chest.

You can do this in your classroom, at home, on the bus, in the car — anywhere!



From Head to Toe

Deep muscle relaxation, or progressive relaxation, is a proven way to reduce stress.

Progressive relaxation helps you help yourself to relax by tightening and releasing different muscle groups in your body. Below is an example, using your feet.

1. Sit comfortably.
2. Flex your toes toward your head.
3. Feel the tension that occurs in your feet, ankles, and lower legs.
4. Pay close attention to the feelings of tightness and tension. Hold for 10 seconds.
5. Now relax your feet, let them return to their normal position.
6. Feel the difference in your feet, ankles, and lower legs; where it was tense, there is now a feeling of relaxation.



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Movement



Source: Yoga Journal



Source: Women's Running Magazine



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RAPID RESETS

TOOLS FOR DE-ESCALATION : PUSH A WALL



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Cloud Watching



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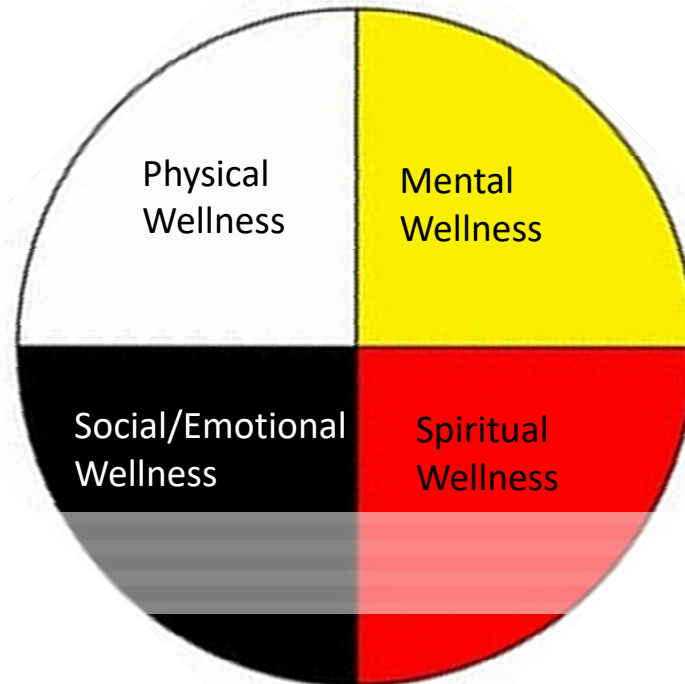
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Taking Care of Ourselves

Wellness Wheel

- Exercise
- Nutrition
- Health and Personal Care

- Family/Kinship
- Friendship/
Companionship
- Culture/Community



- Continuous Learning and Growth
- Sustainability
- Career Development

- Reflection
- Empowerment
- Life Satisfaction
- Fulfillment

Source: National Center on Tribal Early Childhood Development (2020)
Webinar: Celebrating Indigenous Practices Promoting Workforce Wellness Across Tribal Early Childhood Programs

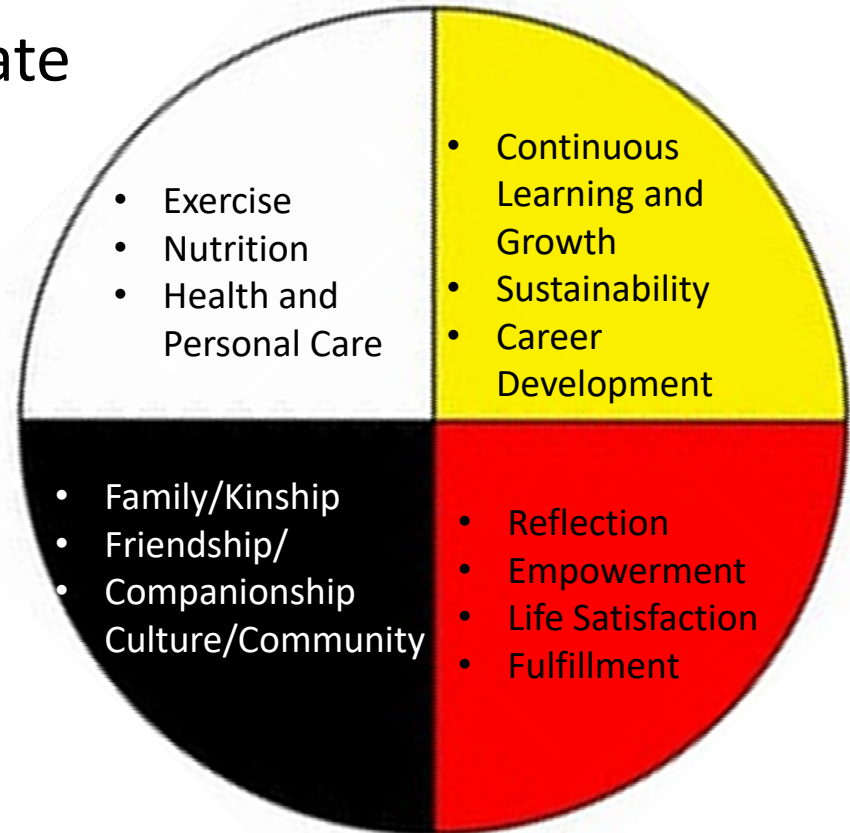


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Creating Your Wellness Plan

What would you like to incorporate more of into your life?

- Physical
- Mental
- Social-Emotional
- Spiritual
- Community Care



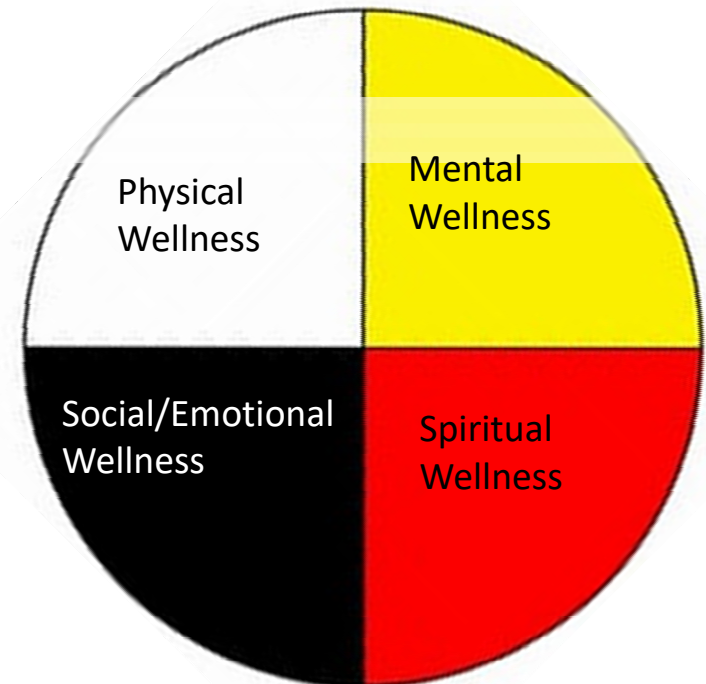
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Wellness Strategy: Community Care

While self-care is helpful, it tends to focus on the individual.

In Indigenous communities, leaning into the community is part of the culture and tradition.

- Who do you lean on when you need re-grounding?
- How do you allow others to help take care of you?
- How do you ask for help (or do you)?
- How do you honor your relationships with each other?



Adapted from:

Source: National Center on Tribal Early Childhood Development (2020)

Webinar: Celebrating Indigenous Practices Promoting Workforce Wellness Across Tribal Early Childhood Programs



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Supporting a Culture of Wellness

- We work together to create a “safe bubble” around our building or community.
- We have mutual respect.
- We understand that we may not know what another person is going through.
- We encourage one another to grow.
- We build each other up.
- We know others will be there to support us when we need it.
- We see the best in people.
- All feel welcomed and safe.
- All feel seen, heard, and held.



Thank you!



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- ___ 9. Outside of work I avoid certain situations because they remind me of the experiences of those I work with.
- ___ 10. I don't like my work anymore.
- ___ 11. Because of my work as a caregiver I am exhausted.
- ___ 12. I have intrusive thoughts of stories I've heard from those I'm helping.
- ___ 13. I feel overwhelmed with the amount of work I have to do.
- ___ 14. I wonder if I make a difference through my work.
- ___ 15. I have flashbacks connected to my client.
- ___ 16. I work too hard.
- ___ 17. I become overwhelmed when thinking about working with certain clients.
- ___ 18. I experience troubling thoughts about events of a client when I'm not working.
- ___ 19. I feel I'm working more for money than for personal fulfillment.
- ___ 20. I have felt trapped by my work as a caregiver.
- ___ 21. I have involuntarily recalled my own traumatic experience while working with a client.

**BURNOUT, COMPASSION FATIGUE
 AND VICARIOUS TRAUMA
 ASSESSMENT – PAGE 2**

Scoring

Write the number you wrote for each question on the blank below. Total the columns.

BURNOUT	COMPASSION FATIGUE	VICARIOUS TRAUMA
___ 1.	___ 2.	___ 3.
___ 4.	___ 5.	___ 6.
___ 7.	___ 8.	___ 9.
___ 10.	___ 11.	___ 12.
___ 13.	___ 14.	___ 15.
___ 16.	___ 17.	___ 18.
___ 19.	___ 20.	___ 21.

___	___	TOTALS
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While no universally applicable cut off score can be used under all circumstances, in most cases, a higher number of score indicates a higher level of distress.

- 0-14 = Low Risk
- 15-21 = Moderate Risk
- 22-28 = High Risk
- 29-35 = Extremely High Risk

About the Crisis & Trauma Resource Institute Inc.

CTRI provides professional training and consulting services for individuals, communities and organizations affected by or involved in working with issues of crisis and trauma. For more details visit their website at www.ctrinstitute.com