Caring for the Caregiver

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Thank You
It is important to take care of yourself.

You can only take care of others as well as you take care of yourself!
Seek margin

Capacity - Workload = Margin
Healthy environment

When Capacity > Work Load, the result is Margin.
Concerning environment

When Work Load > Capacity, the result is Overload.

$t = \text{limiting factor}$
When Work Load >>> Capacity, the result is Burnout.
Spectrum of Peak Performance

- **Healthy**
  - Focused Margin
  - Motivated
  - Healthy tension
  - Optimum stress

- **Peak performance**

- **Sick**
  - Fatigued
  - Exhaustion
  - Panic
  - Anxiety
  - Anger
  - Burn-out & breakdown

- **Disease**

- **Performance**

- **Stress level**
  - 0
  - 2.5
  - 5
  - 7.5
  - 10
Personal Well-Being

Diet:
• Take time to eat – avoid being hungry
• Take time to hydrate – avoid being thirsty
• Eat healthy foods & beverages

Exercise:
• < 1000 steps – sedentary
• 1,000 to 10,000 steps – (< 4 miles) lightly active
• 10,000 to 23,000 steps (4 to 10 miles) – active
• 23,000 steps (10 miles) – highly active

Sleep:
• Get at least 7 hours of sleep
• Establish a relaxing bedtime routine
• Turn off electronic devices at least 30 mins before bedtime
• Reduce your fluid intake before bedtime
Stress and coping during times of crisis..

- **High levels of stress can affect you in many ways:**
  - 1. Physical: Fatigue, pain, GI upset, poor concentration
  - 2. Behavioral: Irritability, restlessness, uncertainty
  - 3. Emotional: Sadness, fear, worry

- **EVERYONE REACTS DIFFERENTLY TO STRESS BASED ON PERSONALITY, UPBRINGING, AND PRIOR EXPERIENCES**

- **Tips to help manage the stress:**
  - A. *Stay informed through reputable sources (CDC, WHO, Sanford – Facts over Fear)*
  - B. *Avoid being a news addict (limit exposure to constant stream of sensationalism)*
  - C. *Separate what you can control from what you can’t control (serenity prayer)*
  - D. *Employ strategies that make YOU feel safe and secure (avoiding excessive caffeine and alcohol)*
  - E. *Stay in the present! Worrying about what MIGHT happen or already happened leads to more stress...*
  - F. *Honor your service!*
Connect to thrive....

- **What is social connection?**: The subjective experience of feeling close to, and a sense of belongingness, to others.

- **What are the benefits of social connection?**: Research shows lowered stress, depression and anxiety, greater immune competence, greater resilience, better emotion regulation skills.

- **Dangers of not connecting during times of stress?**: Worse for health than smoking 15 cigarettes/day, increased blood pressure, poorer emotional regulation.

- **How do I stay connected during pandemic?**
  - Phone calls, skype, social media with friends/family/community
  - Check in and check out with your co-workers every day
  - **Never worry alone!**

- **Not just connecting, but HOW you connect (authenticity, sharing, listening, presence )**
Healthy vs. unhealthy coping during stressful times

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Unhealthy</th>
</tr>
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<tbody>
<tr>
<td>Exercise</td>
<td>Sedentary</td>
</tr>
<tr>
<td>Connection to others/regular check-in</td>
<td>Isolation and withdrawal</td>
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<tr>
<td>Good nutrition</td>
<td>Excessive caffeine, junk food, alcohol, tobacco or use of food to self-medicate</td>
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<tr>
<td>Good night’s sleep</td>
<td>Skipping sleep or isolating in bed</td>
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<tr>
<td>Accurate self-talk</td>
<td>“Musts, should, ought,” and other distorted self statements (“it would be selfish to take a break” “Only I can do...”)</td>
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<td>Time outs for basic body care and refreshment</td>
<td>Superman/Superwoman Syndrome</td>
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<tr>
<td>Self monitoring</td>
<td>Ignoring physical, emotional, and psychological symptoms</td>
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