

Caring for the Caregiver

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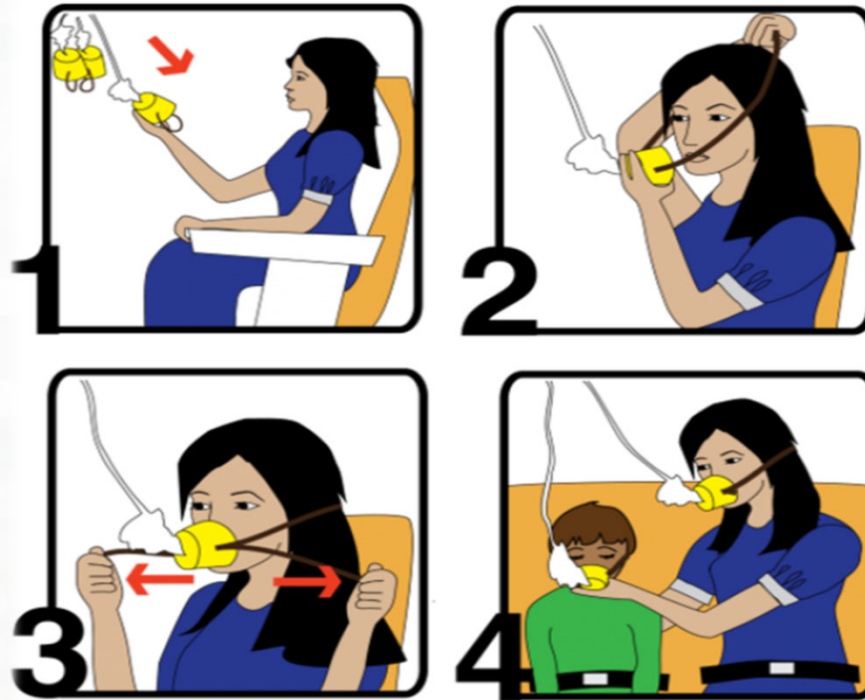
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Thank You



It is important to take care of yourself.

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

**SPEED
LIMIT**

25

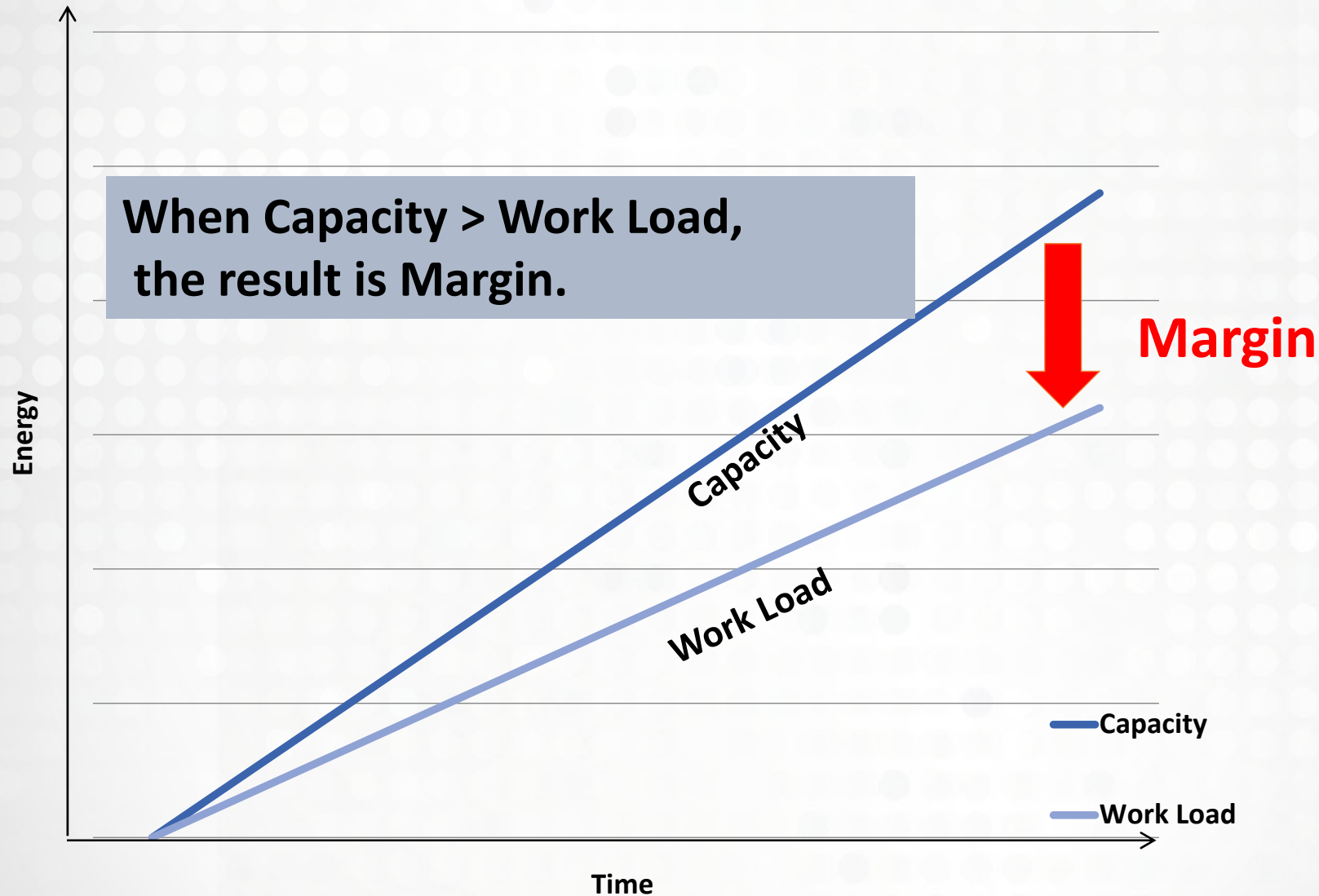
YOUR SPEED

39

Seek margin

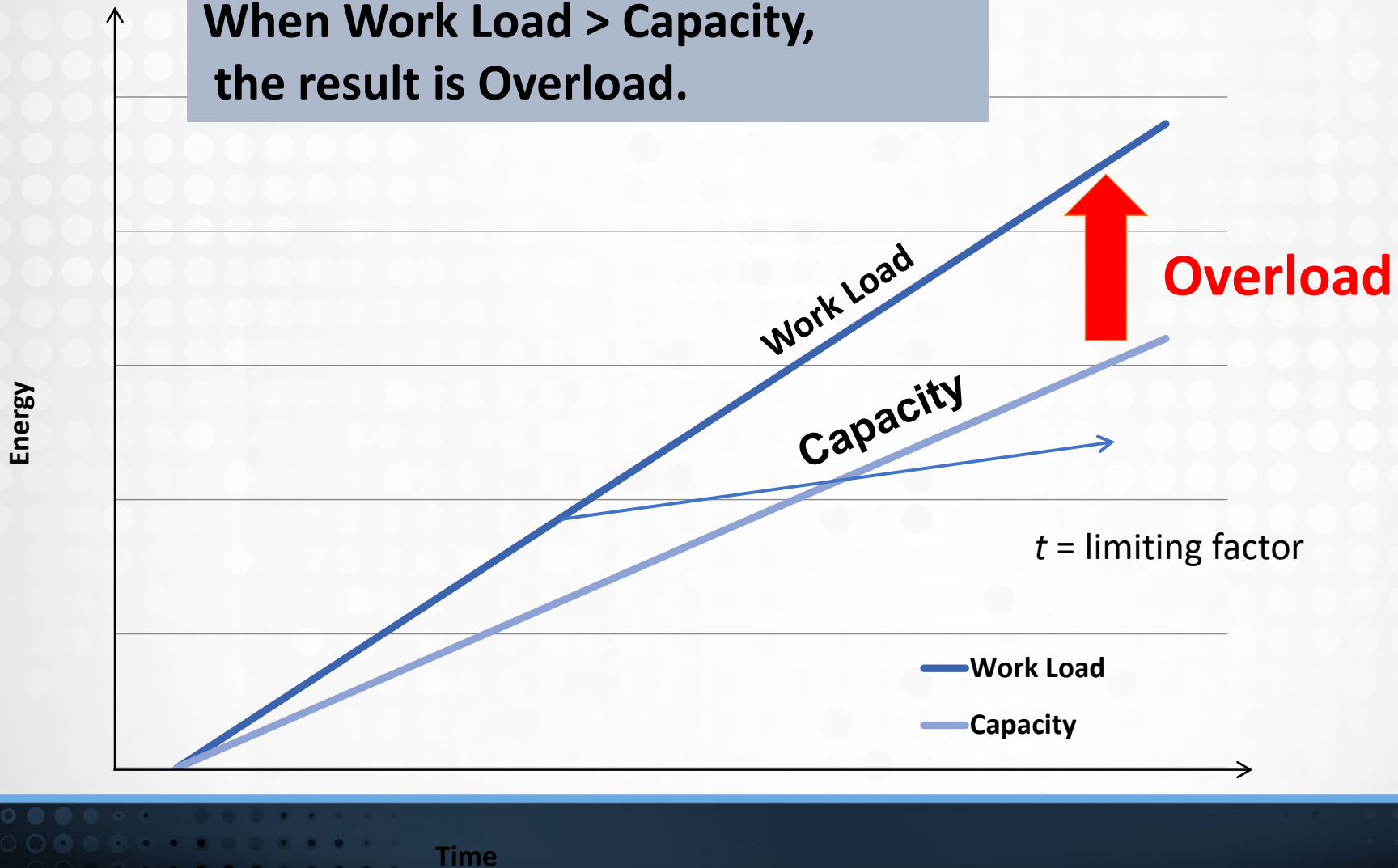
Capacity - Workload = Margin

Healthy environment



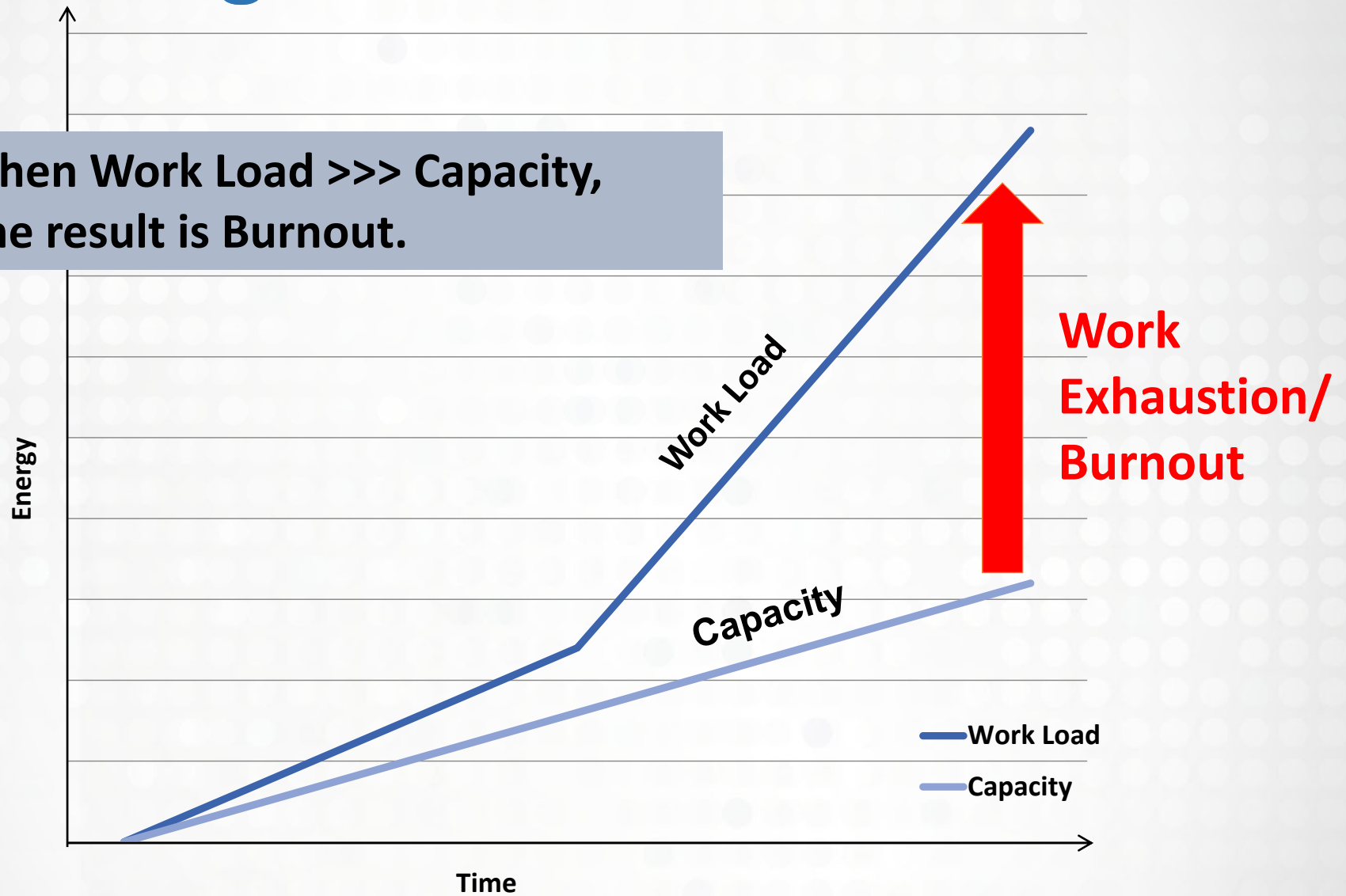
Concerning environment

When Work Load > Capacity,
the result is Overload.

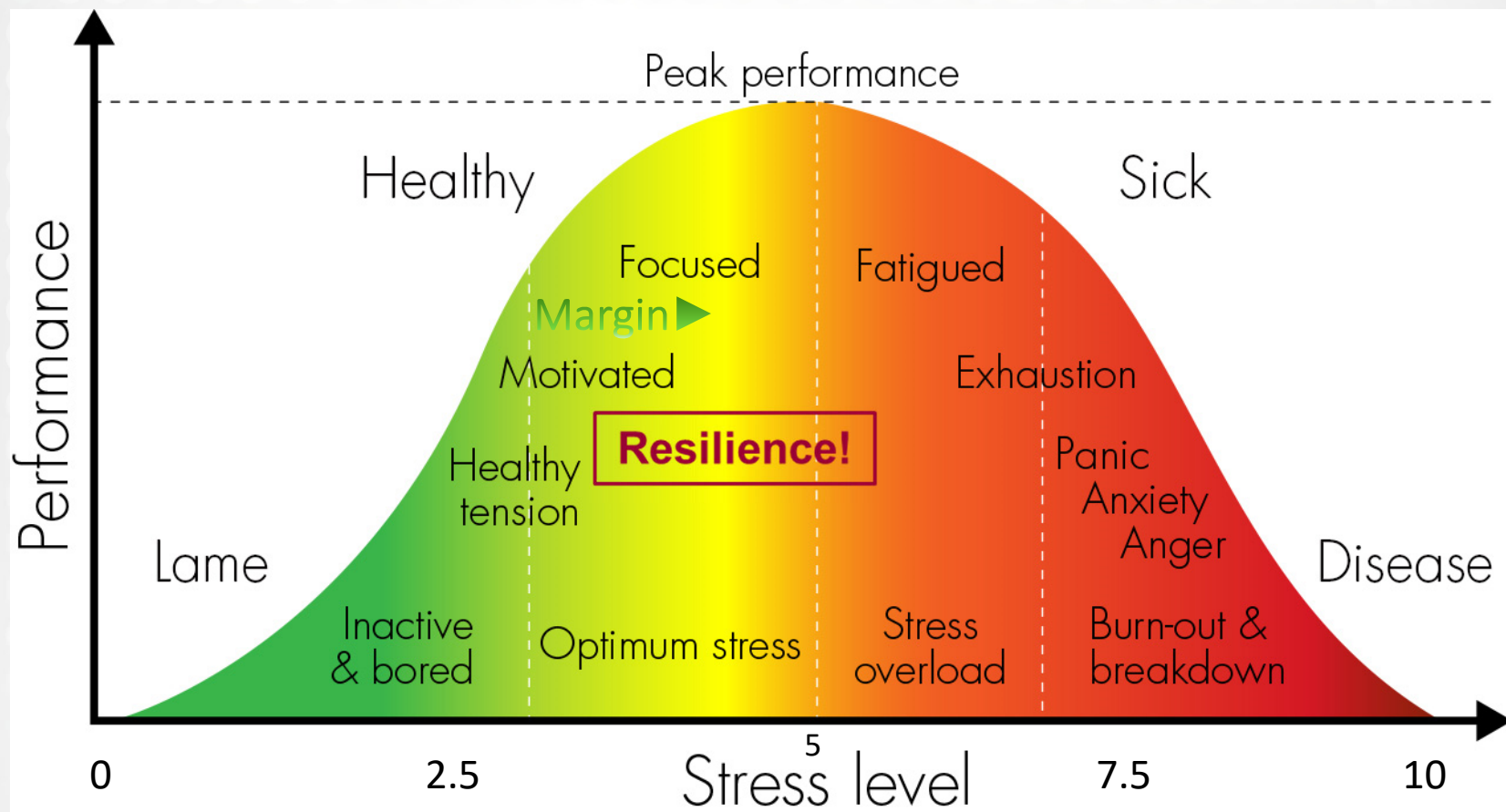


Dangerous environment

When Work Load \gg Capacity,
the result is Burnout.



Spectrum of Peak Performance



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..

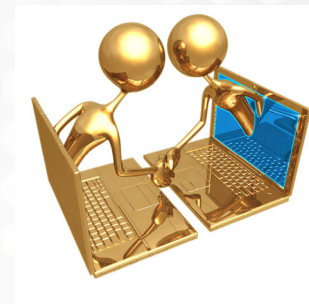


- **High levels of stress can affect you in many ways:**
 1. Physical: Fatigue, pain, GI upset, poor concentration
 2. Behavioral: Irritability, restlessness, uncertainty
 3. Emotional: Sadness, fear, worry
- *EVERYONE REACTS DIFFERENTLY TO STRESS BASED ON PERSONALITY, UPBRINGING, AND PRIOR EXPERIENCES*
- **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

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