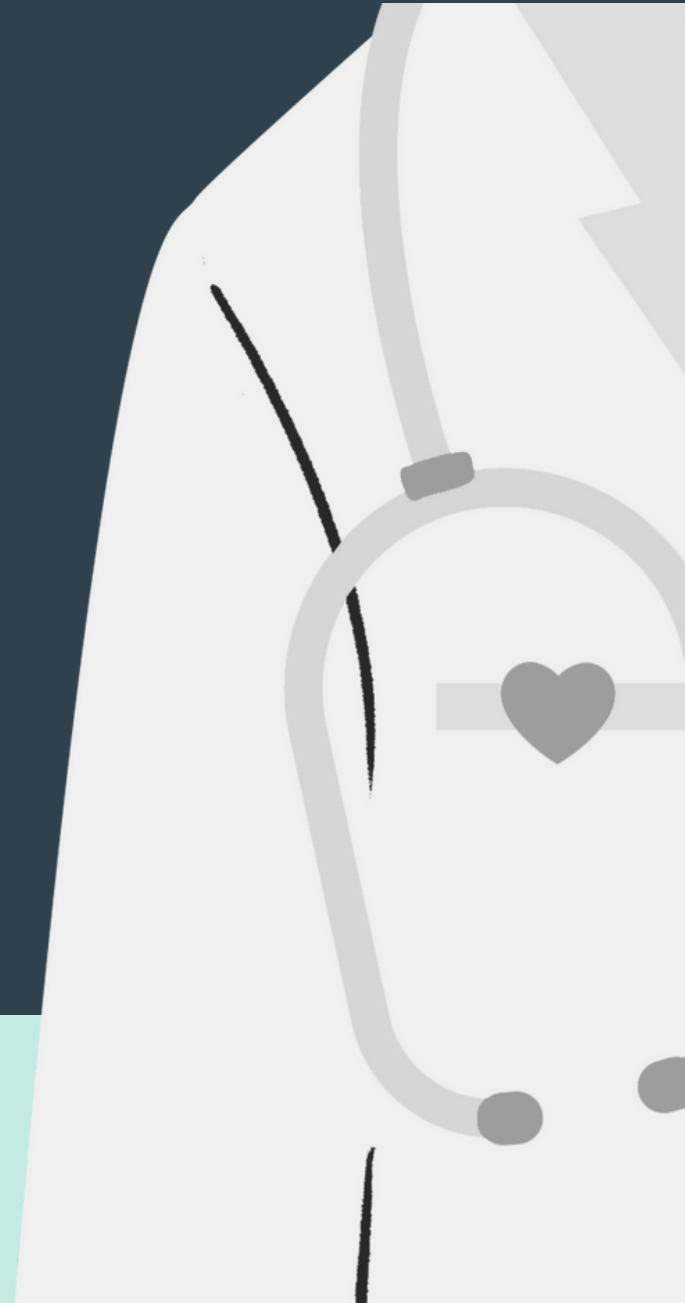


Caring for the Caregiver

Amanda
MILLEMOM



This presentation is for the

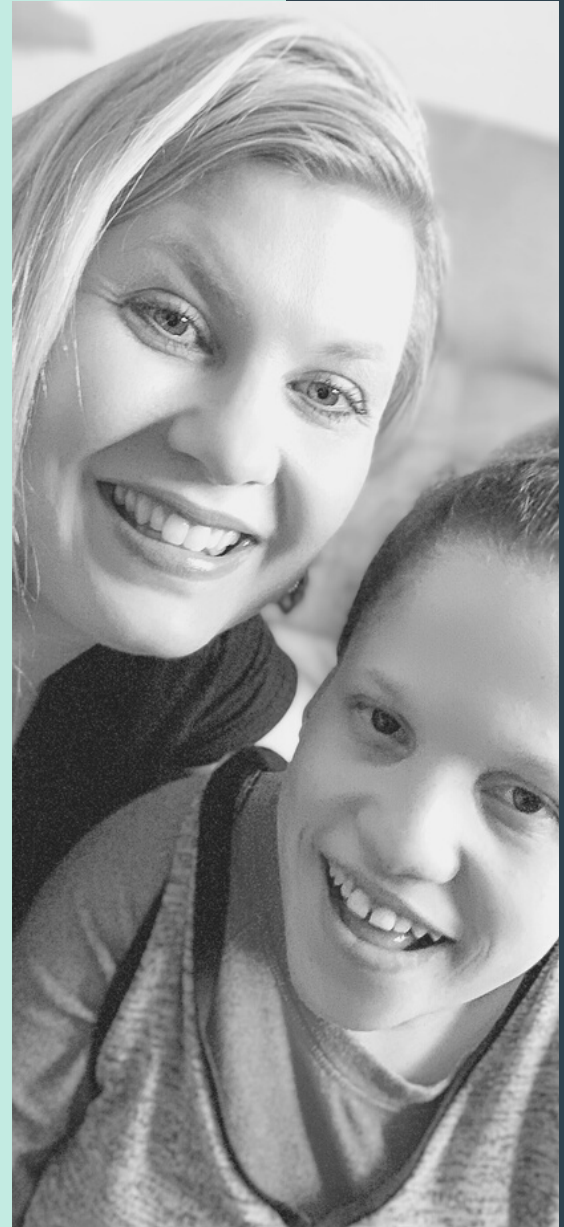
Nebraska Caregiver Coalition

Thank
you

A handwritten-style graphic featuring the words "Thank you" in a cursive font. A simple heart symbol is positioned above the word "Thank".

Highlights

- My story
- Caregiver Burnout
- Life Lessons as a Caregiver
- Changing your Focus
- 7 Areas of Focus
- Tips for Happiness
- Asking for help



All About Me

- Live in Omaha
- Married with 2 daughters and 2 step daughters
- Graduated PA School in 2009
- Worked in Neurosurgery, Cardiology, Urgent Care and Psychiatric fields
- Special Needs mom for 23+ years
- Special interest in mental health support especially self care for caregivers and medical professionals



My Story



Caregiver Burnout



FEELING OVERWHELMED WITH THE DAILY RESPONSIBILITY

As caregivers/medical professionals, we have a lot on our plates. The work we do can be mentally taxing and emotionally challenging at times.



**CARRYING
A GREAT
WEIGHT**

**Mental pain is
less dramatic
than physical
pain, but it is
more common
and also more
hard to bear.**

C.S. Lewis

Importance of Mental Health

40-70% OF CAREGIVERS SHOW SYMPTOMS OF DEPRESSION

- Being a caregiver can be physically and emotionally stressful.
- When taking care of a loved one, caregivers often put other's needs before their own.
- Caregivers often sacrifice a lot of time, energy and their own physical and emotional needs which could lead to stress, anxiety, and/or depression.





Mental Health in Medical Field



55% OF DOCTORS AND OVER 37% OF NURSES REPORT SYMPTOMS OF BURNOUT

- Medical professionals often experience stress, burnout, compassion fatigue and grief.
- Depression, substance abuse and suicide are real problems that healthcare professionals are faced with.
- 1 doctor dies by suicide in the United States EVERY DAY!
- Medical doctors are the number 1 ranked professional to commit suicide and die by suicide at double the rate of the general population.

Understanding Burn-Out



A STATE OF EMOTIONAL, PHYSICAL AND MENTAL EXHAUSTION THAT OCCURS DURING A TIME OF EXCESSIVE AND PROLONGED STRESS.

IT IS OFTEN THE RESPONSE TO CONSTANT DEMANDS WHILE FEELING OVERWHELMED AND DRAINED.



I BELIEVE THAT MENTAL HEALTH NEEDS TO BE NORMALIZED AND DISCUSSED MORE OFTEN.

EVERYONE SHOULD KNOW THAT IT IS NORMAL TO STRUGGLE AND IT IS OK TO GET HELP.

IMPORTANT!

CAREGIVERS NEED TO MAKE SELF CARE A PRIORITY

- We deserve the same love and care we give to the people we care for!
- Good for their mental health.
- Improve happiness and wellbeing.
- Sets an example for others including friends, family and co-workers.
- Improves relationships.
- Able to give more.
- Better employee, spouse, friend, etc.

Life Lessons I Have Learned as a Caregiver

Living in Gratitude

- Story about traveling to SLC
- Way of life
- Helps with life happiness
- Impossible to be angry or sad when feeling gratitude
- Makes you appreciate the present moment and the things you have instead of focus on what you don't have or things you are disappointed about.

Acceptance

- Story about Kindergarten
- Does not mean that you like it or that you are settling
- Does not mean that you don't want things to change or you are ok with how things are
- Puts things into perspective
- But now able to say "Now What?" and move forward
- Takes effort to accept.
- Normal to go back and forth from grief to acceptance.

Importance of Having Someone to Vent to

- My Mom!
- Can be friend, spouse, parent
- Find support groups
- Connect with people online in support Facebook groups
- If can't find someone to talk to then... try journaling.

Feeling Sorry for Yourself

- Ok to feel sorry for yourself
- Bathe in your emotions
- Don't have to be happy and positive all the time, it's not realistic or healthy
- Don't have to be "strong" all the time
- Does not mean you are a "bad" caregiver or person

Self Love

- You deserve the same love you give to the people you love and care for
- We often treat other people with more kindness than we do ourselves.
- Self love and care mean that you are taking care of you AND doing the things that matter to you in this life.
- Self love looks different for everyone!
- Work on things that matter to YOU!

Caregiving Brings Uncertainty


- Need a balance of certainty/uncertainty
- Uncertainty can make us uncomfortable (COVID!!)
- We have NEVER had a certain tomorrow.
- During times of uncertainty, the key is to change our FOCUS.

FOCUS


- When things feel out of control or there is a lot of uncertainty, change your FOCUS.
- Pay attention to what you are focused on.
- "Where focus goes energy flows."
- What have you been focused on? How is that serving you? Is this something you have control over?
- How can we change our focus?

7 Areas of FOCUS

- Health/Well-being
- Friendships/Social life
- Love/Relationships
- Goals/Purpose
- Finances
- Hobbies
- Spirituality/Religion



"When a photographer can't change a scene, he changes his angle and lens to capture the best of that scene.



Similarly, when you can't change a situation in your life, change your perspective to get the best out of that situation. Try to be a filter, not a sponge."

My Tips for Daily Happiness

■ DAILY GRATITUDE

There is always something to be grateful for!

■ PURPOSE/GOAL

Progress=Happiness

■ DAILY CONNECTION

Daily talks/check in with your people.

■ FOCUS

Focusing on what I can control!

My Tips for Daily Happiness

- **BEING KIND TO MYSELF**

I am my best friend!

- **TIME FOR EMOTIONS**

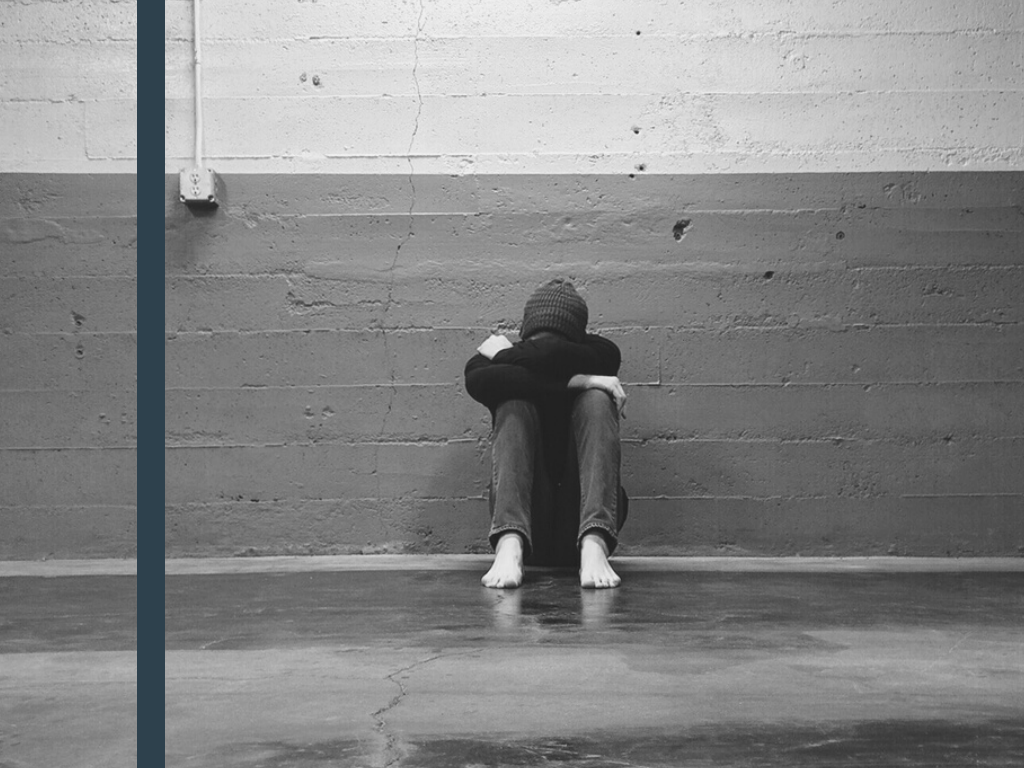
Allowing myself to feel and process grief, disappointment and stress.

- **HEALTH/EXERCISE**

Helps with energy, happiness, confidence.

- **POSITIVE MINDSET**

We get to decide how we feel and the vibe we want to give others.



Anxiety Disorders

Mood disorders

Depression

Common Disorders

Treatment Options



Lifestyle changes



Psychotherapy



Antidepressant
medications



Vitamins and
supplements



300 million

People affected by depression

60 million

People affected by bipolar disorder

How to Get Help.



1. Talk to your doctor.



2. Reach out to other people.



3. Seek more mental health information.



How to reach me

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