

# Caregiver Burnout

**Prioritizing self care  
while caring for others**

January 09, 2025  
7-9 PM MDT - Zoom



**NO ONE STANDS ALONE**  
FOUNDATION

Caregiving is one of the most rewarding and most  
demanding jobs!  
Caregivers are often overlooked and taken for-granted!

# Who Are Caregivers?

- A caregiver is a person who provides physical or psychological care to someone else. Caregivers help others who aren't able to help themselves fully on their own due to age development, mental capacity, coping abilities, declining health, an illness, injury or an underlying medical condition.
- A caregiver is a person who provides physical or psychological care to someone else. Caregivers help others who aren't able to help themselves fully on their own due to age development, mental capacity, coping abilities, declining health, an illness, injury or an underlying medical condition.
- Parents of young children, children with physical or mental challenges, as well as those caring for elderly family members are often overlooked because they are not paid positions!
- Children of aging parents with limited mobility, health concerns, dementia, Alzheimer's, Cancer, or other debilitating diseases, injury
- parents of small infants, toddlers and teens!
- parents of children with special needs, diseases, or other physical limitations
- Spouses of those with physical or mental injuries
- Those who support others with mental health issues
- Pastors, counsellors, life coaches, mentors
- Front-line workers such as paramedics, doctors, nurses,

**Q; Who do you care for in your life? What drives you to want to serve in the capacity of Caregiving?**

Caregiving often calls us to lean into love we didn't know possible.” –

Tia Walker

# Characteristics of Caregivers

loving	resourceful	dependable
compassionate	respect	flexible
caring	honor	trustworthy
selfless	patience	communication
empathy	giving	hopeful
belief	humor	advocacy
faithful	being present	positive

**Q: These characteristics of a caregiver are positive attributes but if not utilized with wisdom could become a weakness.**

**One example could be since you operate from selflessness you prioritize the needs of others before yourself to your own physical and emotional detriment.**

**Circle or highlight the characteristics that best describe you. Are you experiencing any negative consequences of these because of a lack of margin or boundaries?**

# Symptoms of unrecognized burnout

Caregiver burnout is the state of experiencing physical, emotional, and mental exhaustion that occurs in the lives of caregivers who experience prolonged stress and lack of support. It is important to recognize the signs of burnout so we can avoid it!

- feeling stress over normally manageable things
- physically drained
- emotional numbness
- inability to enjoy things you usually enjoy
- difficulty starting or completing tasks
- neglect of responsibilities
- rest but still feel depleted
- excessive passive activities
- need for instant gratification
- boredom
- Emotional and physical and mental exhaustion.
- Withdrawal from friends, family, and other loved ones.
- Loss of interest in activities previously enjoyed.
- Feeling hopeless and helpless.
- Changes in appetite and/or weight.
- Changes in sleep patterns.
- Unable to concentrate.
- Getting sick more often, or have more serious health concerns.
- Irritability, frustration or anger toward others.

**Q: Are you experiencing any signs of burnout in your life currently? List all that apply to you.**

# How do we avoid Burnout?

## Respite

A short period of rest or relief from something taxing, difficult or draining. A scheduled break for caregivers

Respite is for the benefit of the caregiver and not the one being cared for?

We need to offer the same compassion and care to ourselves that we would give to those we care for.

## Why is it hard to accept Respite

- Feel guilt for leaving the one we are caring for
- Feel like we are somehow letting them down by taking time off to rest
- Pride, not wanting to admit or accept the fact that we need rest and care
- We fear the critical opinions of others who don't understand how taxing the care of an individual is.
- Feel like we cannot afford to take time away
- Feel like taking time to care for ourselves is selfish
- FOMO - Fear of missing out on moments with those we care for
- Are overly responsible for others but neglect the responsibility to care for ourselves

**Q: Do you find it difficult to ask for help and to take time to REST? If so why do you think so?**

“Carry each other’s burdens, and in this way you fulfill the law of Christ.”

***Galatians 6:2***

If we don't prioritize rest we will be forced into it because of illness, disease and burnout!

The cost of waiting to rest until you are burnt out will be a prolonged period of time to restore yourself.

## Impact of Respite

Rest	Relaxation	Renew
Reset	Refreshing	Relieving
Restore	Regroup	Reflect
Rejuvenate	Regulation	Repair
Re-calibrate	Released	Replenish
Reaffirm	Reload	Resilience
Relax	Repairing	Rewarding

**Q: How does realizing the benefits of Rest change your perspective on prioritizing it in your life?**

There remains, then a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his work, just as God did from his. Let us, therefore make every effort to enter that rest, so that no one will fall by following their example of disobedience.

***Hebrews 4:9-11***

## Make a plan ahead of time.

- schedule regular times to get rest to avoid burnout
- Remember that we need moments every day to recharge, a day off each week, and two weeks off every year!
- Find people you trust to provide Respite for you when you need to take time to rest
- Prioritize restful practices into your daily, weekly, monthly and yearly routines
- When considering what care your loved ones need include yourself on that list.

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. ***Matthew 11:28-30***

## Activation

### **CREATE A PLAN FOR REST?**

There is no question that we ALL must prioritize REST. Assess how you are doing right now, are you starting to see some signs of burnout in your life? What are you going to do about it?

Plan how you will prioritize rest daily, weekly, monthly and yearly. Block off time on your calendar and make it non-negotiable for you to take time to rest.

Find people willing to help you with Respite ahead of time so you know who is available when you need it. Brainstorm where you can find those who offer Respite and make a plan to contact them.

# 3 Keys to Remember

**01** HAVING A PROACTIVE PLAN IN PLACE FOR REGULAR REST AND RESPITE IS NECESSARY TO AVOID BURNOUT!

**02** WE NEED TO OFFER THE SAME COMPASSION AND CARE TOWARDS OURSELVES THAT WE WOULD GIVE TO THOSE WE CARE FOR.

**03** IF YOU DON'T CARE FOR YOURSELF BEFORE YOU REACH BURNOUT THE CONSEQUENCES ARE EXTREME AND TAKE A LONG TIME TO RECOVER FROM. IT IS EASIER TO STOP SOMETHING FROM HAPPENING THAN TO REPAIR THE DAMAGE AFTER IT HAS ALREADY HAPPENED.

"An ounce of prevention is worth a pound in cure."  
Benjamin Franklin

**Q: What changes are you going to make to make space for regular times of rest and respite so that you can be at your best when stepping into your roles as a caregiver.**

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint.

***Isaiah 40:31***



# Upcoming Events

## **The Three Pillars of Relationship Webinar**

**How love, trust and communication work together to build solid relationships**

February 06, 2025

7-9 PM MDT - Zoom

Register @ [nosafoundation.com](https://nosafoundation.com)

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## **KINGDOM BUSINESS BUILDERS COLLECTIVE**

**LEADERS, ENTREPRENEURS AND KINGDOM BUILDERS  
COME JOIN US FOR A TIME OF WORSHIP, EQUIPPING  
AND LIKE-MINDED COMMUNITY**

**Date: January 21, 2025 , 6:00 - 8:00 pm**

**Location: 6010 12 St SE, Calgary**

**Register at [nosafoundation.com](https://nosafoundation.com)**

**Contact: [kasinc70@gmail.com](mailto:kasinc70@gmail.com)**

## Contact Information

For Support, Mentorship and Resources

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