

How to Protect Yourself From "Burnout"?

Listen to yourself



Remember to breathe deeply and
to take time to relax



Ask yourself whether your
expectations are realistic before,
during and after you engage in a
project



Avoid being responsible for things
over which you have little or no
control



Say "No" to activities that put you
in binds with other parts of your
life (for example overworking to
the detriment of family life)



Let go and let a Higher Power run
the big stuff

Serenity Prayer
God, Grant me the
Serenity to accept the
things I cannot change,
Courage to change the
things I can and *Wisdom*
to know the difference.
Amen.

Concerned about someone?

Give them this brochure with
your highlights. Offer your
help and support.



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people like you in order to
continue offering our services. All
contributions are very gratefully
accepted.

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Finding Balance as a Caregiver

*"If you're going through Hell,
keep going." Winston Churchill*

HopeWorks

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*Providing hope and help to young
people and their families through
counseling, education and
community outreach*



Physical, mental, emotional and spiritual confusion are all warning signs of caregiver imbalance.

Who is affected?

People who care, who have given everything they can to a person, activity or cause

How does it happen?

- * Overwork
- * Unresolved trauma or grief
- * Fierce commitment to problems that are beyond one's control
- * Feeling betrayed
- * Trying your absolute best and having situations go badly anyway.
- * Feeling unappreciated



What are Some Symptoms of Caregiver "Burnout"?

Physical exhaustion

Feeling super-responsible

Having trouble saying "No"

Feelings of doubt, shame or dread

Hopeful attitude slips into cynicism and negativity

Being afraid to stop doing

A strong desire to escape

Struggling with sleep

Feelings of distrust and depression

Lack of enthusiasm

Lack of creative energy

Eating too much or having no appetite

How can I Heal?

Seek:

Time-out for rest and reflection
Support- good listeners or trained professionals

Confront:

Denial
False hopes
Cynicism
Super-responsibility
Powerlessness/Helplessness
The impulse to isolate

Grieve:

Losses, past and present

Release

Regrets

Find variety and creative opportunities in work. and play

Learn:

To practice healthy self care

