

# Caring For Those Who Provide Care

Working with patients who have a chronic illness can be challenging for the staff who provide their care. The role of a caretaker is often mentally, physically, and emotionally exhausting. While many healthcare providers report that they derive satisfaction from helping patients and knowing that we are enabling them to live their best lives, it is essential that providers also care for themselves. Many healthcare staff experience burnout when working without good boundaries and a safe, thoughtful routine in place.



## Ways to prevent burnout:

- Set healthy work-life balance boundaries
- Connect with your company's employee assistance program (EAP) or other counseling resources when needed
- Engage in regular exercise, meditation, or other relaxation techniques
- Use your PTO and days not scheduled to work to "refill your cup" in a way that is meaningful to you
- Tap into your insurance plan benefits for wellness purposes
- Spend time with those you love
- Discuss your concerns with your leader
- Lean into your IDT community and communicate your feelings, thoughts
- Try to recognize the limits in how much you can do
- Complete a Self-Care Assessment
- Educate yourself on chronic illness by talking with a patient, realizing that everyone's experience with it may vary
- Take breaks, then small steps
- Task batch to avoid procrastination on things that take more of your courage to do
- Create your own reward system (avoiding negative coping mechanisms)

## Resources:

- **Addressing Health Work Burnout** <https://www.hhs.gov/sites/default/files/health-worker-wellbeing-advisory.pdf>
- **3 Keys to Help Staff Cope With Secondary Trauma** <https://www.crisisprevention.com/blog/behavioral-health/secondary-trauma>
- **One Thing We Forget When We Care for a Living** <https://www.crisisprevention.com/blog/human-services/what-not-to-forget>
- **Managing Workplace Depression and Mental Health** <https://www.crisisprevention.com/blog/general/managing-workplace-depression-and-mental-health>
- **Behavior Intervention | Crisis Prevention Institute (CPI)** <https://www.crisisprevention.com/blog/behavioral-health/behavior-intervention>
- **Managing Distress After a Crisis | Crisis Prevention Institute (CPI)** <https://www.crisisprevention.com/blog/general/managing-distress-after-a-crisis>
- **What Steps Can You Take to Set Healthy Boundaries? | Crisis Prevention Institute (CPI)** <https://www.crisisprevention.com/blog/behavioral-health/what-steps-can-you-take-to-set-healthy-boundaries>
- **3 Ways to Stop Chaos and Start Respect | Crisis Prevention Institute (CPI)** <https://www.crisisprevention.com/blog/general/3-ways-to-stop-chaos-and-start-respect>
- **Resource Guide How to set limits** <https://bit.ly/3ybTwsa>



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