

Mindful Caregiving: Strategies to Navigate Stress & Avoid Burnout

Dr. Theresa B. Skaar

10/01/2024

Poll

How are you providing care?





Learning Objectives

1. Understand the Role of Mindfulness in Caregiving
2. Develop Practical Mindfulness Skills
3. Apply Stress-Reduction Strategies

Poll

Have you ever practiced
mindfulness (formally or informally)
in your personal or professional life?





What is mindfulness?

Benefits of Training the Mind

What would you like more of?



Increased focus

Increased clarity of thought

Increased emotional regulation

Psychological flexibility

Reduced reactivity

Reduced rumination & worry

Better awareness of internal experiences

“Paying attention in a particular way, on purpose, in the present moment, nonjudgmentally.”

Jon Kabat-Zinn





Mind-Body Practices

Examples:

- Deep breathing
- Guided imagery
- Body scans
- Shaking and dancing

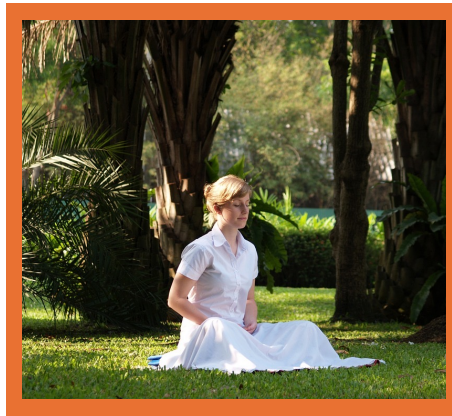
MINDFULNESS

Formal vs. Informal Mindfulness Practices

Formal practices



Body Scan



**Mindfulness
Meditation**



Yoga



Walking

Foundations of Formal Meditation

PRACTICE

CHOOSE A
POSTURE THAT
WORKS FOR
YOUR BODY

SET A SCHEDULE
THAT WORKS
FOR YOU

Objects of Attention



- Breath
- Sound
- Sensations in the body
- Thoughts
- Emotions
- Open Awareness
- Life





Let's Practice

Informal practice

- Eating
- Driving
- Washing the Dishes
- Folding Laundry
- Bathing
- Walking
- EVERYTHING



Poll

Which mindfulness practice would you most like to integrate into your daily routine?



The Role of Mindfulness in Caregiving

How mindfulness enhances caregiving and therapeutic practice:

- Reduces practitioner burnout
- Improves emotional regulation during client interactions
- Increases capacity for presence and empathy



Poll

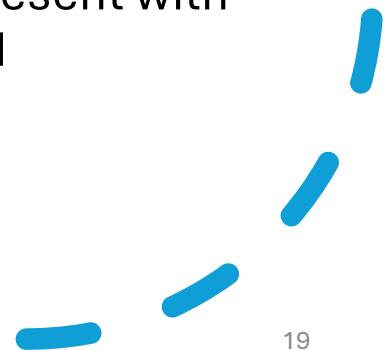
What do you find most challenging when managing stress in caregiving or your professional role?



Practical Mindfulness Skills for Caregiving & Therapeutic Practice

Techniques to integrate mindfulness into professional settings:

- **One-Minute Breathing Breaks:** Practicing short mindfulness exercises between client sessions or caregiving tasks
- **Body Scan:** Checking in with your body for tension, which can be integrated into group or individual therapy
- **Mindful Listening:** Being fully present with clients during conversations and interventions



Applying Stress-Reduction Strategies in Professional Settings

- Key tools for managing stress and avoiding burnout in caregiving and therapeutic roles:
- **Self-Awareness:** Recognizing stress signals early in yourself and your clients
- **Self-Compassion:** How to extend kindness to yourself when experiencing emotional fatigue
- **Boundary Setting:** Establishing clear boundaries with clients and within caregiving contexts to avoid burnout
- **Self-Care:** Building time for self-care into your workday to maintain emotional and physical health

Compassion

To walk in equal step with. Not to try and change or fix anything but to witness and bring presence.





Self-Compassion

Being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.



Why do we leave ourselves outside the circle of compassion?

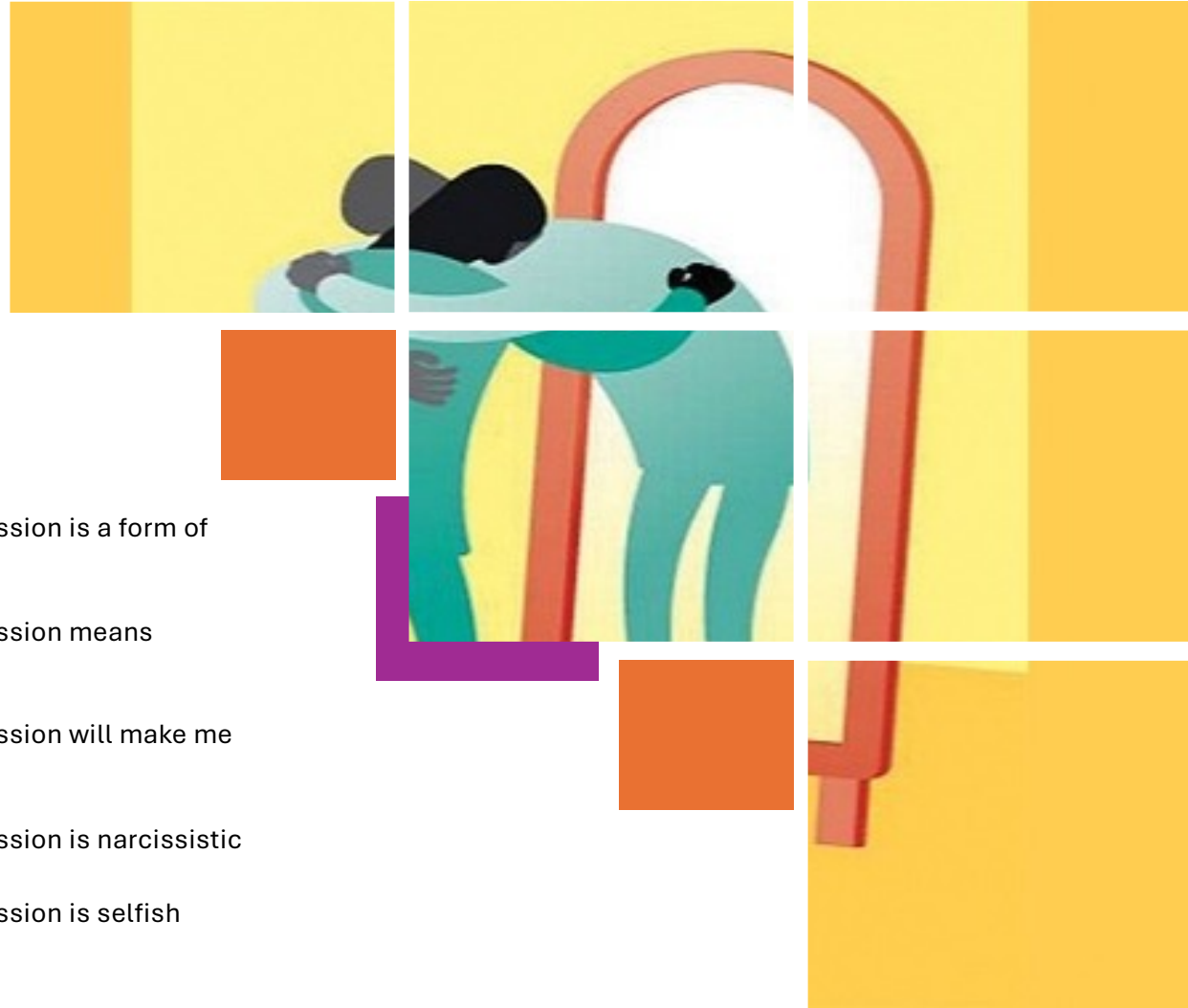


**Compassion
for Others**



5 MYTHS OF SELF-COMPASSION

- Self-compassion is a form of self-pity
- Self-compassion means weakness
- Self-compassion will make me complacent
- Self-compassion is narcissistic
- Self-compassion is selfish





Let's Practice

Poll

What stress-reduction strategy do you currently use most often in your work?



Mindfulness for Burnout Prevention

Signs of burnout

- Emotional exhaustion
- Compassion fatigue
- Depersonalization



Mindfulness for Burnout Prevention

- Mindfulness can alleviate burnout by:
 - Helping to reconnect with purpose
 - Creating space for emotional recovery between challenging sessions or caregiving tasks



Final Experiential Practice: Guided Meditation



Poll

What aspect of mindfulness are you most likely to continue practicing after this webinar?





Give feedback to Dr. T

1. Scan this QR code



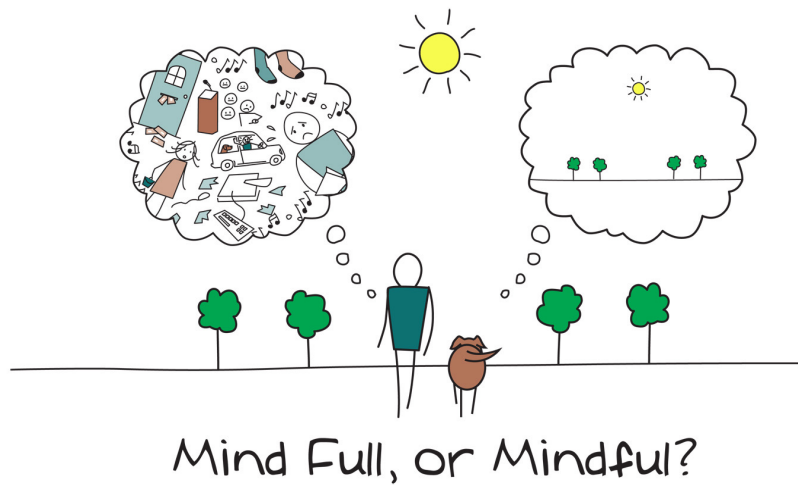
Or go to
<https://talk.ac/theresabskaar>

2. Enter this code on the screen

ADSD

Powered By Talkadot!





Conclusion

- Key takeaways:
 - The role of mindfulness in caregiving and professional practice
 - Practical mindfulness skills to enhance personal well-being and professional effectiveness
 - Tools for managing stress and avoiding burnout in high-stress environments



What questions do you have for me?

YOU CAN'T STOP
THE WAVES, BUT
YOU CAN LEARN TO
SURF

Jon Kabat-Zinn



Resources next steps

Recommended readings and resources:

- Jon Kabat-Zinn's *Full Catastrophe Living* (on MBSR)
- Kristin Neff's work on self-compassion
- Insight Timer
- 10% Happier by Dan Harris
- When Things Fall Apart by Pema Chodron

Information on future workshops or coaching sessions with Dr. T



DR. THERESA B. SKAAR

Facilitator

Theresa B. Skaar, also known as "Dr. T," is a professional speaker, workshop facilitator, and coach. She holds a Ph.D. in social psychology and is certified in Mind-Body Medicine.

Her expertise includes mindfulness, stress reduction, grief, aging, and body image. In her workshops and talks, she uses a combination of academic insights, evidence-based practices, and genuine passion to engage her audience.

In addition to being a professional speaker, she hosts a live-stream show called "Creating Connection with Dr. T" and is an author. She aims to inspire positive change through accessible and friendly discussions on life's profound subjects.



www.theresabskaar.com



theresa@theresabskaar.com



612-440-0599