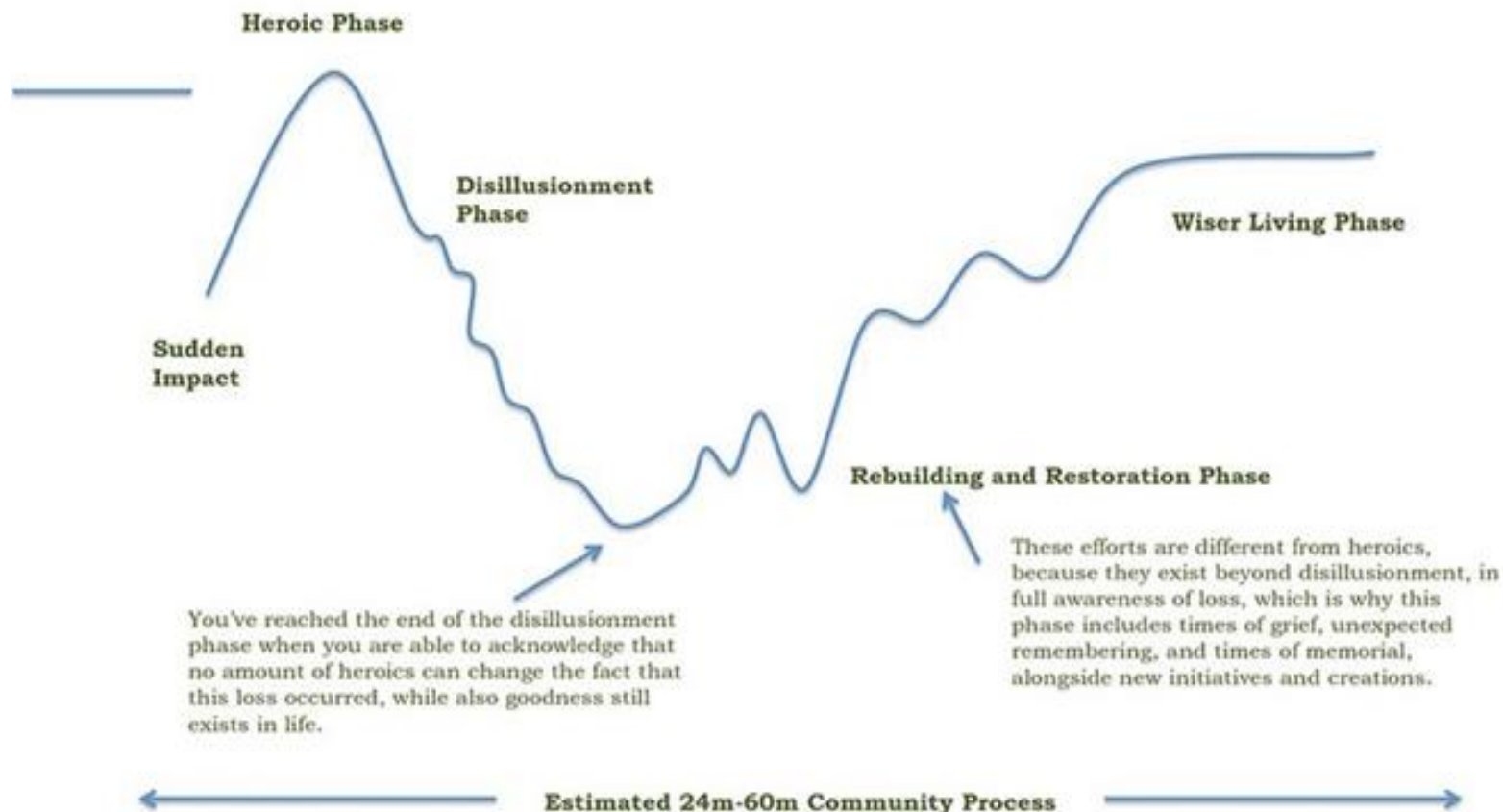


Caring for our spirits during COVID

Care for the Caregivers
(PEI Gerontologist Nurse Association Education)

Presenter: Kim Bustard

Phases of Collective Trauma Response



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Honour the Trauma

- We are grieving
 - ▶ Life changed in a instant (at work and at home)
 - ▶ We can't go back and we don't really know where we will end up.
 - ▶ We are tired (emotionally, physically, spirituality)
 - ▶ We run the gamut of emotions
 - Anger
 - Fear
 - Pride
 - Sadness
 - Hope
 - Despair

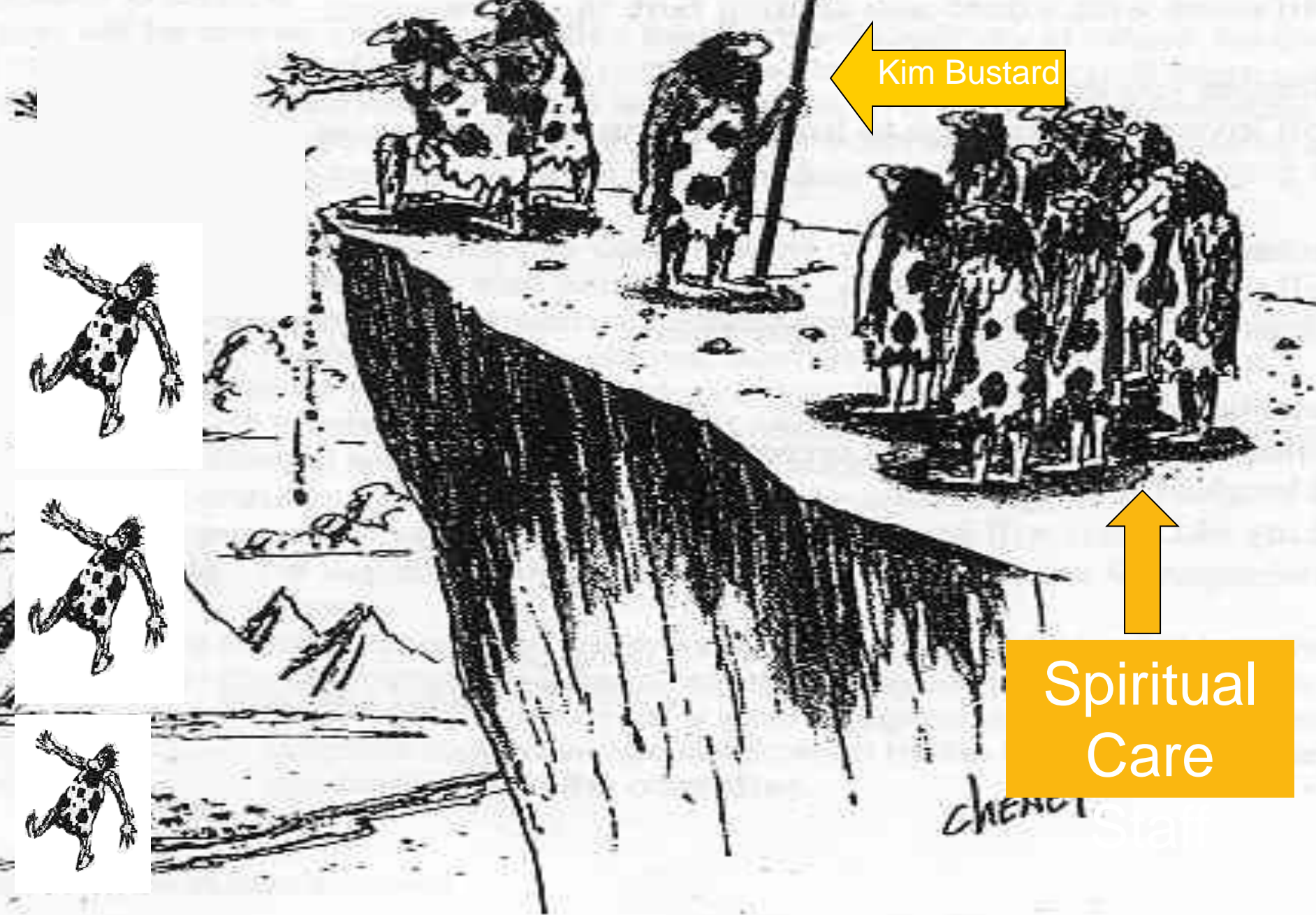
Low grade anxiety

- Fight or Flight mode always at the edge of our awareness
- Body is tense and tight
- Our sleep interrupted
- We worry about our patients/clients
- We worry about our family
- We worry about being ground Zero

Fatigue that continues to get heavier

- As time goes on...
- We get more tired and just as we get used to the “new normal” the ground shakes again.
- We can't keep staff so we are continually short-handed...
- We feel the weight of doing a good job for the clients/family members we serve while worrying that we have nothing left to give our families
- Two poems (showing hope and despair)

Sometimes our fatigue is most recognizable in how we deal with things and other people

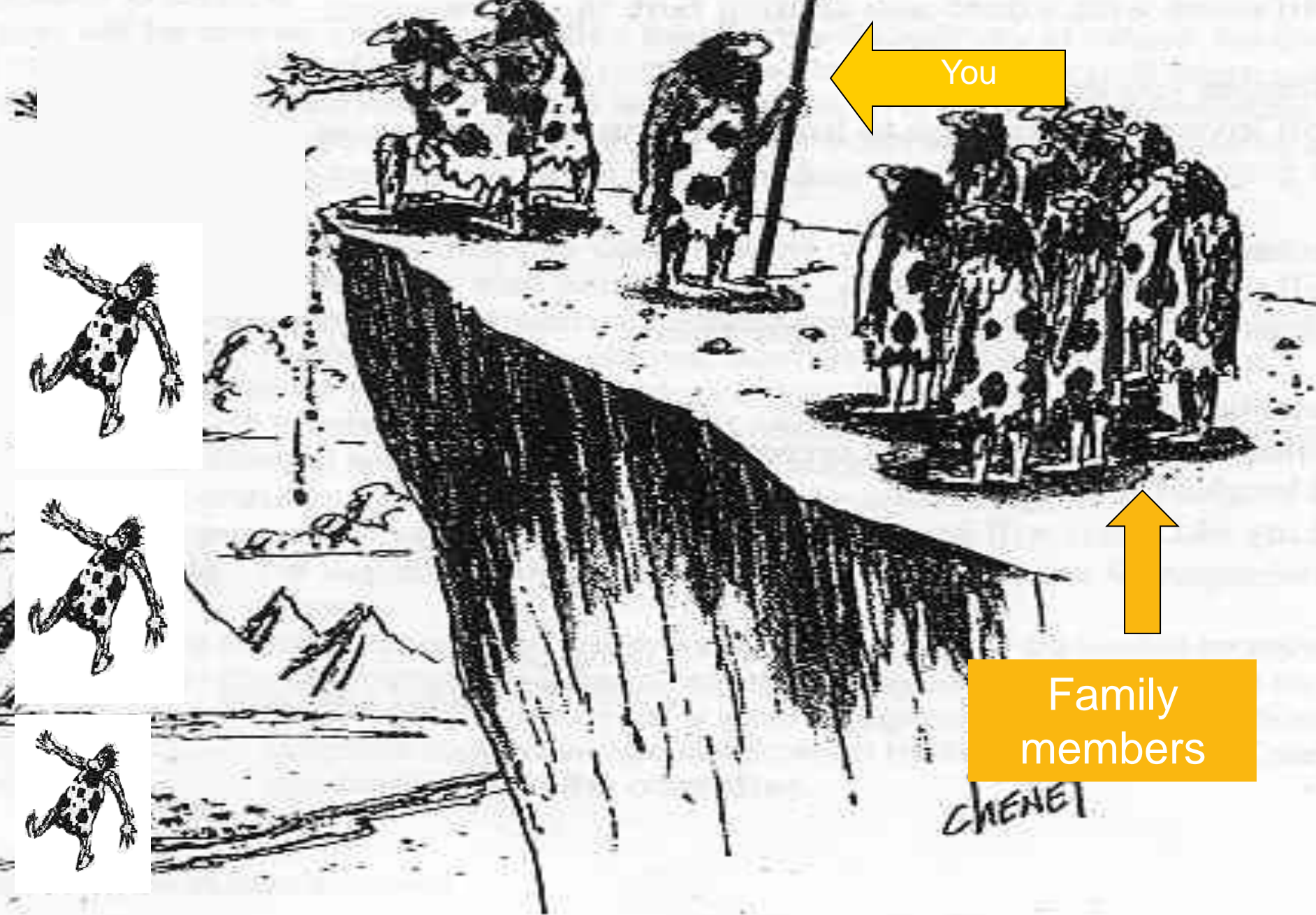


Kim Bustard

Spiritual
Care

"So, does anyone else feel that their needs aren't being met?"





You

Family members

"So, does anyone else feel that their needs aren't being met?"

Caring for your spirit

- Learn from children (the awe factor)
- Look at the stars when you walk the dog
- Take time to smell the roses
- Take time to breathe (Yoga, meditation, listening to music)
- Find a community that supports you where you are not the caregiver!
- Start the day with a relaxing ritual.

How to Care for yourself during this time

- Value the small victories
- Never underestimate your worth or your work. Who you are and what you do matters!
- Be gentle with yourself and others.
- A thought is just a thought.
- Emotions are just that .. name them.... Tell yourself it's ok to feel fear/anxiety/uncertainty/sadness. Then figure out what you need to do to care for you right now.

It's ok to be Vulnerable

VULNERABILITY is not
winning or losing. It's having the
courage to show up when you
can't control the outcome.

Brené Brown

Hello Lovely Studio

COVID shows us this every day

*You can't
get to
courage
without
rumbling
with
vulnerability.*

EMBRACE THE SUCK.



Brené Brown

A Quote from Brené Brown that I find helpful

Remember Joseph Campbell's wisdom: "The cave you fear to enter holds the treasure you seek." Own the fear, find the cave, and write a new ending for yourself, for the people you're meant to serve and support, and for your culture...and choose the great adventure of being brave and afraid. At the same time. (From Dare to Lead, 272)

How to keep Burnout at bay during COVID

- **Set boundaries.**



- **Nourish your creative side.**



Disconnect from technology (at times) and reconnect with your spirit

- Set times in which you put cells and computer (and TV) aside.



- Take time to get in touch with your own spirituality (what ever that might be).



You are not in this alone

- Sometimes we can't do it alone, we need others (Manager, counselor, spiritual care director, good friend)
- You are not alone and you don't need to deal with this alone
- Don't give up on relationships at this time. Be creative in how you reach out for support/friendship/love.

You are not responsible for everyone's well being

- You can do your best with what you have to work with...then let it go.
 - ▶ Sometimes bad things just happen despite your best effort.
 - ▶ Sometimes anger gets directed at you when you don't deserve it.
 - ▶ Sometimes you get angry or sad when in normal circumstances you would just shake it off.
- Remember...all you can do is be responsible for your actions and reactions and your own well being
- Take off the extra load and let your shoulders and heart heal.

Communication Reminder

Sometimes you need to look
at things from a different
perspective.



@KIMGARST | BOOMSOCIAL.NET



Reflect on what COVID has taught you about life?

- "Sometimes you find yourself in the middle of chaos, and sometimes in the middle of chaos, you find yourself." — Boonaa Mohammed
- "In the face of adversity, we have a choice. We can be bitter, or we can be better. Those words are my North Star." - Caryn Sullivan
- "You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know."— A.A. Milne
- "If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever." - Winnie The Poo
- We are not meant to be alone. Let's not take relationships for granted. (me)

Love yourself

Love yourself first...

It's not selfish.

It's life giving and it's essential.

You got to laugh at yourself and find the joy
even in the hardships



Pace yourself

- It's hard to do but you need to take breaks, go for walks, rest, and rest again.
- This isn't a marathon...it's a journey that is unknown right now...take the time to rest when you get it.

Thanks for Listening

