



Wayne County Department of Aging & Youth Caregiver Support Group

Monthly Meeting: February 8, 2023

Facilitator: Evonne D. Pomerantz

Today's Meeting Agenda

- Wayne County Department of Aging & Youth Mission Statement
 - Sharing Success
 - Burnout: What is it
 - Burnout: What are the Signs and Symptoms?
 - Burnout: How To cope?
 - Open Floor
 - Next Meeting Information
 - Closing Statement

Wayne County Department of Aging & Youth Mission Statement

The Wayne County Department of Aging and Youth exists to promote the independence, dignity, health, and quality of life of Wayne County residents and their families; to identify and prioritize community needs; and to plan, fund, and administer a coordinated system of services to meet these needs.

Sharing Success

The definition of success is the accomplishment of an aim or purpose...

Here is where we recognize progress, strengths, and positive resolutions!

There is a powerful seven-step formula that you can use to set and achieve your goals for the rest of your life:

- Decide What You Want...
- Write it Down...
- Set a Deadline...
- Make a List...
- Organize Your List...
- Take Action...
- Do Something Every Day...

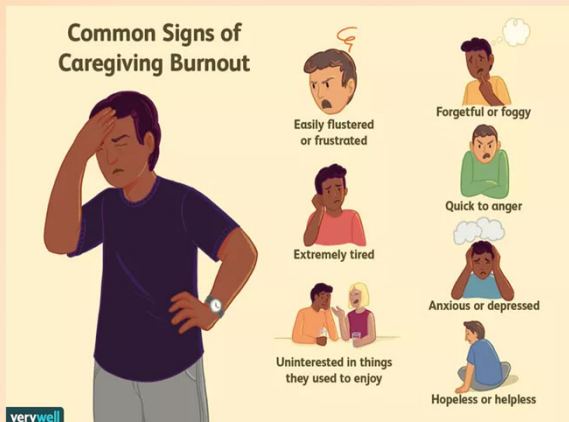
Burnout: What Is It?

Caregiver burnout is a state of physical, emotional and mental exhaustion.

The World Health Organization (WHO) defines burnout as chronic stress that has not been successfully managed that has three main symptoms:

1. Feelings of energy depletion or exhaustion that could include insomnia, chronic fatigue, or increased illness such as colds
2. Increased mental distance from one's role or feeling negative towards it that could include depression, hopelessness, anxiety, anger, detachment, etc..
3. Reduced effectiveness that could include decreased motivation/productivity, trouble focusing, or a sense of failure and self-doubt

Burnout: Signs and Symptoms



Burnout is a severe form of chronic stress. Chronic stress causes a key hormone, cortisol, to surge in your body which plays a critical role in your health. Cortisol regulates vital functions, such as sleep, digestion and your immune system.

As part of your body's flight-or-fight-or-freeze response, it also keeps you alert and ready to face threats. That's why we produce more when stressed.

Cortisol regulates your sleep-wake cycle, waking you up when levels naturally increase every morning and allowing you to fall (and stay) asleep when levels drop at night. This is where we find a connection to burnout symptoms. See, when chronic stress elevates your cortisol levels, your sleep is put at risk. Suddenly, you might toss and turn at night, or you might not sleep at all.



Chronic stress has also been linked to brain shrinkage and memory loss. In one study, high cortisol levels were linked to smaller total brain volumes, changes in the brain white matter, and substandard performance on some memory and cognitive assignments. In another study, researchers looked at 1,225 individuals and found those with higher cortisol levels had a more difficult time remembering specific events.

Burnout: How to Cope?

Strategies To Use:

- Lower your expectations.
- Ask others to help or assist you.
- Take responsibility for the situation.
- Engage in problem solving.
- Maintain emotionally supportive relationships.
- Maintain emotional composure or, alternatively, expressing distressing emotions.
- Challenge previously held beliefs that are no longer adaptive.
- Directly attempt to change or distance yourself from the source of stress.
- View the problem through a religious perspective.



Open Floor

**Anything is possible
when you have the
right people there to
support you.**



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Let yourself talk about what matters. This is a time to discuss something that we have faced or something that we want to change. Change is not possible without recognizing the issues.

During this time we will provide a space for healing, reflection, respectful expression of emotion, and garnering of hope for our caregiver members.

Open Floor is intended to forge connections between us and build a community where each participant has an opportunity to speak in a supportive and open environment so we may obtain suggestions, ideas or just a listening ear.

Next Meeting

When: March 8, 2023

Time: 12:30-1:30pm

Topic: ? Let's discuss some topics you are interested so that we may coordinate future meetings around those!

Contact: (315) 946-5624 M-F 8-4pm or
Epomerantz@co.wayne.ny.us

Caregiver Affirmation

The Caregiver's Daily Affirmations



I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgment.

I make progress every day whether I see it or not.

I care for myself with dignity, love and respect.

I am not alone.

I am capable.