Self-Care and the Caregiver

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The Goal of the Presenters

This is an experiential workshop. It is our wish to demonstrate how to plan and implement a Day of Renewal (DOR) at your workplace. We hope to accomplish this goal by having you participate in an actual DOR that we have created in this workshop space. We hope you enjoy it!

–Kate and Nicole

Objectives for Participants:

- To be able to identify the signs and symptoms of burn-out and secondary stress, given an overview by the end of the session.
- To be able to recognize good self care practices to incorporate in everyday life, given research-based findings by the end of the session.
- To be able to plan and implement a Day Of Renewal (DOR) at one’s place of employment, given instructions, materials and participation in a set of DOR activities by the end of the session.
Chaplains Are Vulnerable to Burn-Out and Chronic and Acute Secondary Stress

- Definitions of Burn-Out and Chronic and Acute Secondary Stress.
- Symptoms of Burn-Out and Chronic Secondary Stress
- Levels of Burn-Out
- Acute Secondary Stress: Vicarious PTSD


Caring for Ourselves

- Self-reflection approach
- General Principles when seeking self-understanding
- Awareness of stress
- Developing a Self-Care Protocol


Developing a Self-Care Protocol

- A Self-Care Protocol is individualized and uniquely addresses each person’s needs.
- How do you renew yourself?
- What brings you joy and is life-giving?
- Self-knowledge, personal discipline and self-management.

Chaplains as Healers for Clinicians

- Modeling good self-care and boundaries.
- Having a strong spiritual life.
- Recognizing the signs and symptoms of burn-out in our colleagues.
- Being available to staff members on our units.
- Providing resources and services to encourage and develop self-care among staff members.

Planning a Day Of Renewal

- Buy in from management
  - Talking Points
  - Cost effective
  - Easy implementation in a busy workplace
- Preparation
  - Logistics
  - Materials
  - Staffing DOR
  - Advertisement

DOR Implementation

- Setting the environment
  - Using the senses
  - Creating a place of relaxation
- Setting-up stations
  - Clear instructions
  - Plenty of materials
  - The stations are spaced out and accessible
DOR Evaluation

- Attendance
- Participant end of activity survey
- Post DOR questionnaire

Stations

- Station 1: Making Bath Salts
- Station 2: Hand Massages
- Station 3: Guided Meditations
- Station 4: Tea for the Soul

Resources

- Annotated Bibliography
- Assessment
- Facilitator Notes
- DOR toolkit
- Talking Points for introducing a DOR
- Evaluations