

# “You and Your Relationships: Preventing Caregiver Burnout”

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April 25, 2022

- I. Caregiving
  - a. Adult children
  - b. Grandchildren
  - c. Aging parents
  - d. Chronically ill family members
  - e. Friends
  - f. Community members
  
- II. Caregiving and Loss of Self
  - a. Potential for loss of self
  - b. Overfunctioning for others/underfunctioning for self
  - c. Seeing caregiving behaviors on a continuum
    - i. Appropriateness of caregiving behaviors up to a point
    - ii. Importance of awareness and intention to maintain balance
    - iii. Can carry behaviors too far which can lead to burnout
  
- III. Burnout
  - a. 3 characteristics of burnout
    - i. Exhaustion
    - ii. Cynicism
    - iii. Inefficacy
  - b. Additional conditions fueling burnout
  - c. Additional costs to self for overfunctioning for others
  
- IV. Balancing Care of Self and Care of Others
  - a. Necessary qualities for keeping your balance
  - b. 4 Areas of Work (with detailed suggestions and examples)
    - i. **Facing Illusions:** Being realistic
    - ii. **Detaching:** Responding not reacting
    - iii. **Setting Healthy Boundaries:** Committing to things that help both you and others
    - iv. **Cultivating Spirituality:** Living the Serenity Prayer
  
- V. Summary
  - a. Your care plan for you as you care for others
  - b. Q&A

## Resources

Johnston, N. (2020). *Disentangle: When You've Lost Your Self in Someone Else*, 2<sup>nd</sup> Ed. Las Vegas, NV: Central Recovery Press.

Kabat-Zinn, J. (2013). *Full Catastrophe Living* (Revised/Updated). New York, NY: Bantam Books.

Maslach, C. & Leiter, M. (2016). Understanding the burnout experience: Recent research and its implications for psychiatry. *World Psychiatry*, 15(2), pp. 103-111. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4911781/>

Nhat Hanh, T. (1991). *Peace is Every Step: The Path of Mindfulness in Everyday Life*. New York, NY: Bantam Books.

Nhat Hanh, T. (1999). *The Miracle of Mindfulness: A Manual on Meditation*. Boston, MA: Beacon Press.