

# Caretime for the Family Care Professional

Lisa Boesen, MAOM, ACC, PHR

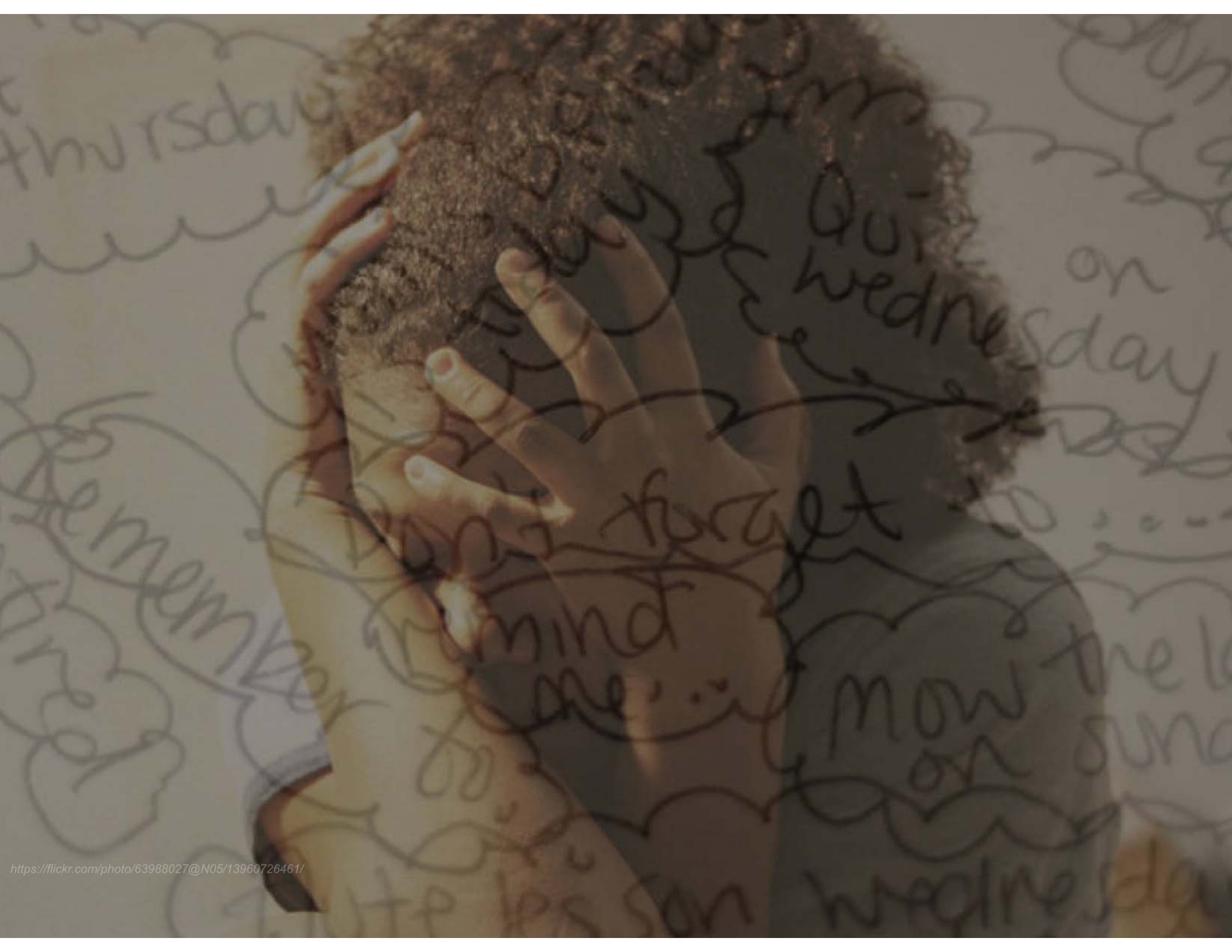
2017 WIC Training and Educational Conference

*Engaging to Make a Difference*

Springfield, IL

April 19, 2017









A black and white photograph of a person's hands holding a white sign with the word "HELP" written in capital letters. The hands are positioned above a large, overflowing pile of crumpled white paper. The background is a plain, light color.

HELP

- 72% reported suffering from three or more stress- related conditions very or somewhat often
- 63% say they have high levels of stress at work, with extreme fatigue and feeling out of control
- 53% take frequent "stress breaks" at work to talk to others
- 39% cite the workload as the top cause of stress
- 36% say they "just work harder"
- Almost half (46%) cite stress and personal relationship issues as the most common reason for absences, ahead of medical reasons or caregiving responsibilities





Childcare and Social Work Professionals are ranked as #3 and #5 with the highest rate of burnout



Explore  
Learn  
Color-code  
chaos





# What We Bring To Work

We love to help!

Enjoy being on our toes!

Enjoy working with the WIC population

Trying new things!

My passion keeps me motivated!

**Lots of data entry and paperwork**

**Things don't go quickly**

**Client recruitment**

**Being short-staffed**

**Clients with a sense of entitlement**

**Language barriers**

**Clients who seem to lack interest in the future**

**Working with an uneducated population**

**Caseloads that make me feel hopeless**

**Clients don't always tell the truth**



# WORK MAXIMS

Time is \_\_\_\_\_

Everyone should pull their own \_\_\_\_\_.

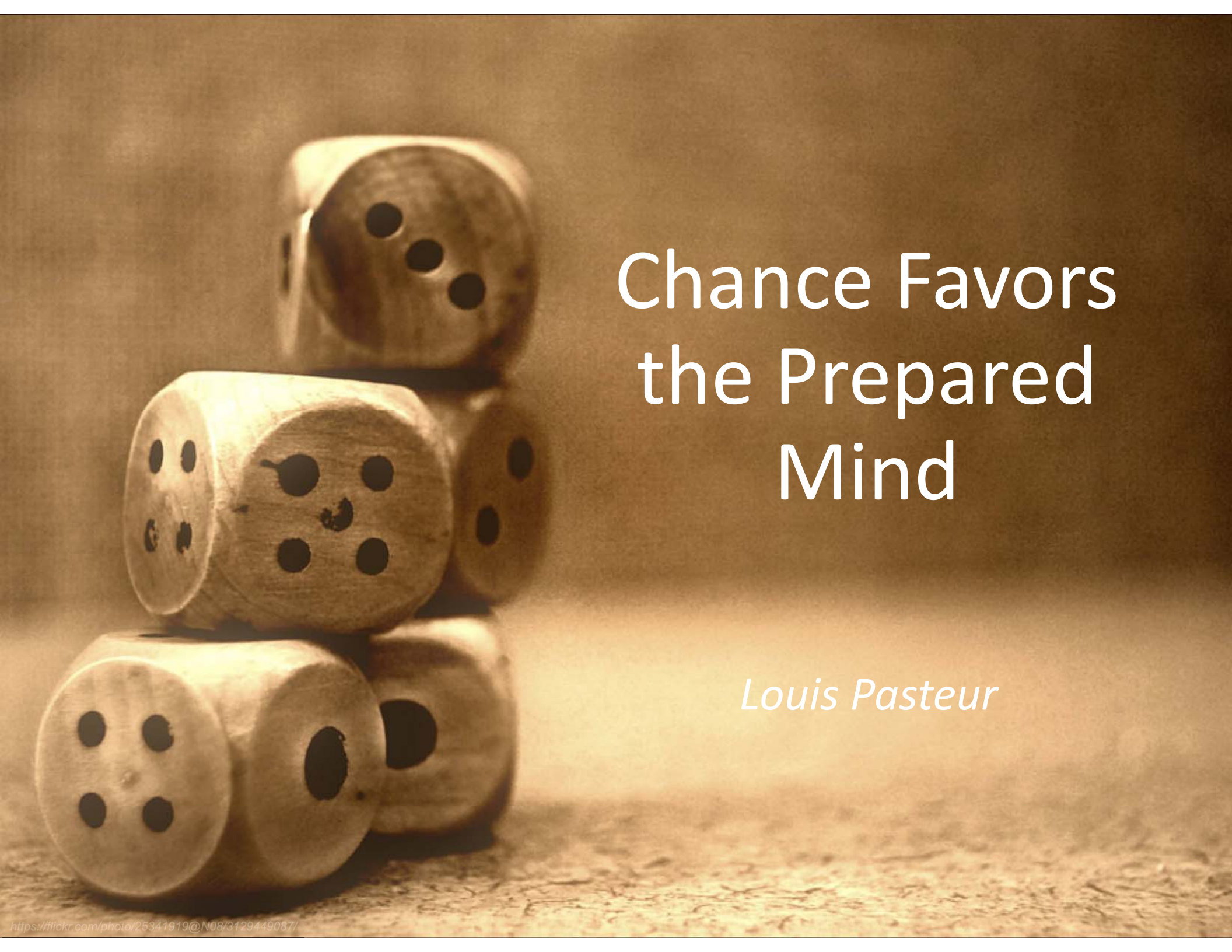
Just \_\_\_\_\_ it.

Play nice in the \_\_\_\_\_.

\_\_\_\_\_ happens.

Hope for the best, \_\_\_\_\_ for the worst.



A stack of several wooden dice is shown on a textured, light-colored surface. The dice are arranged in a somewhat haphazard stack, with some showing different faces. The lighting is warm and directional, coming from the left, which creates soft shadows and highlights the texture of the wood and the surface. The background is a plain, light-colored wall.

# Chance Favors the Prepared Mind

*Louis Pasteur*



# Hard-wired to Care

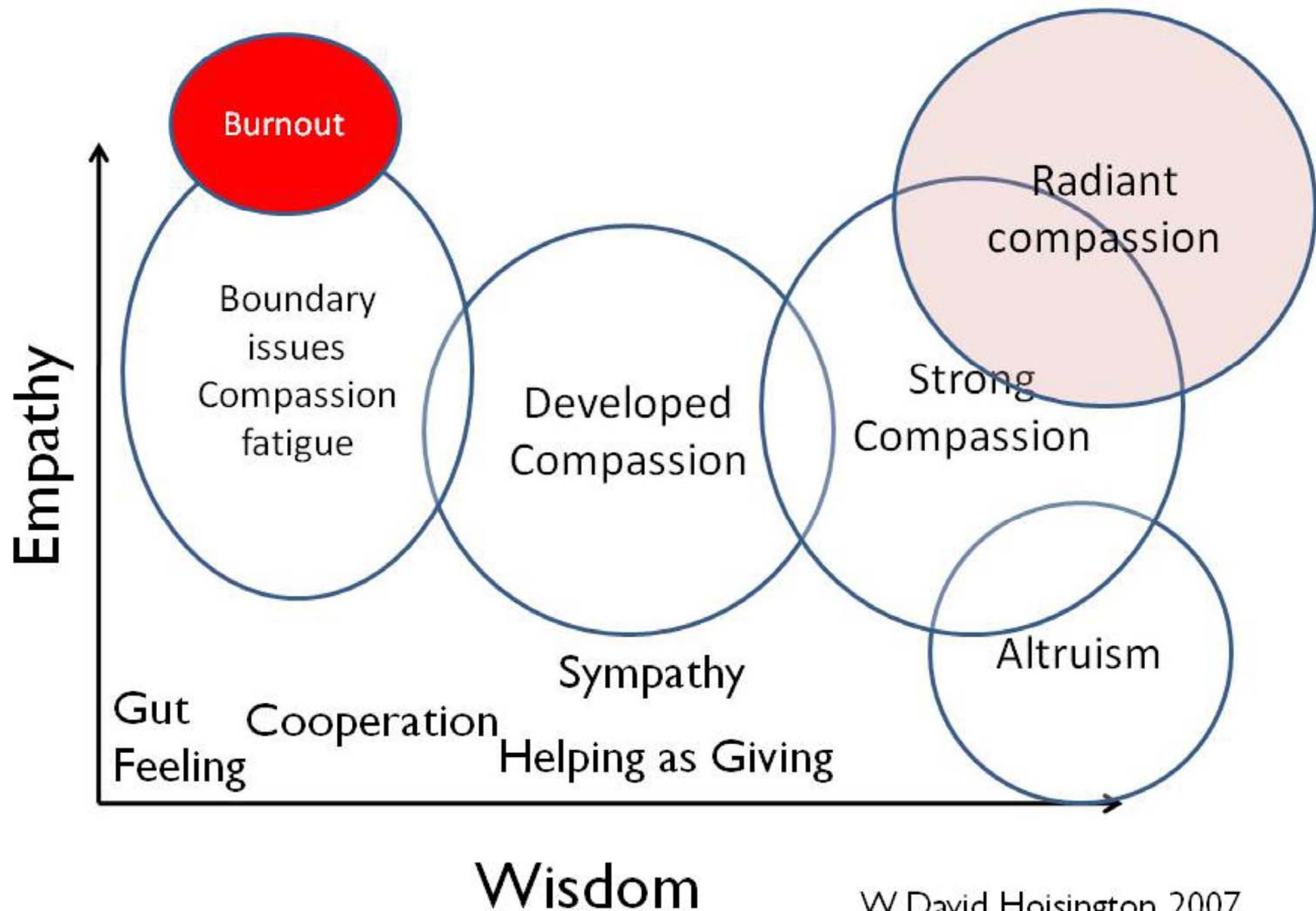
A close-up photograph of two hands, one from the left and one from the right, gently cupping a bright, glowing orb. The hands are positioned as if holding something precious. The background is a clear, bright blue sky, and the lighting is warm, suggesting a bright sun. The overall mood is one of care, protection, and hope.

Empathy

Sociability and Attachment

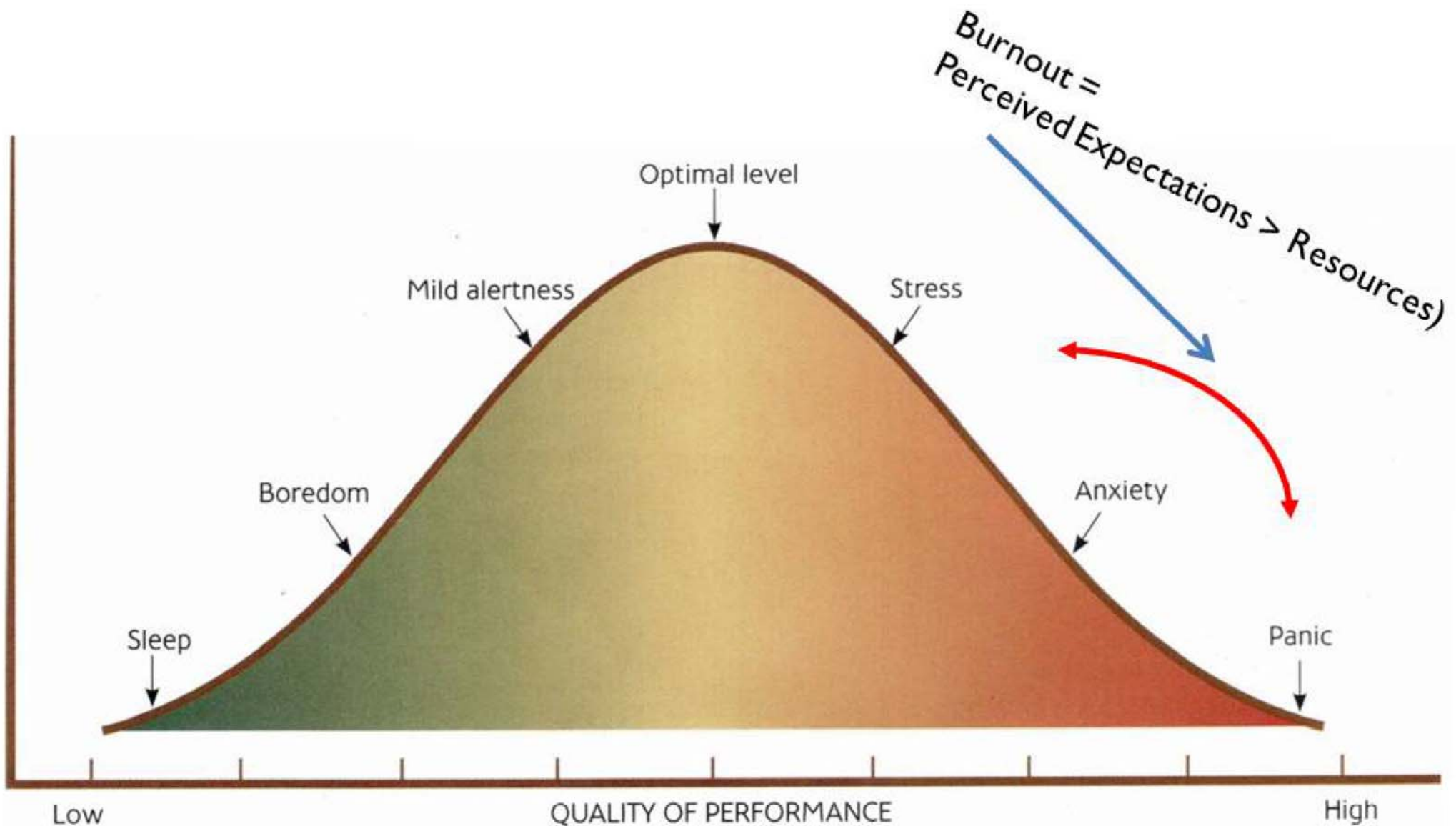
Longing to Belong

# Theory of Compassion Development





# Performance Stress Model



Hebbian Yerkes Dodson Model

# STAGES OF BURNOUT

Stress Arousal

Energy Conservation

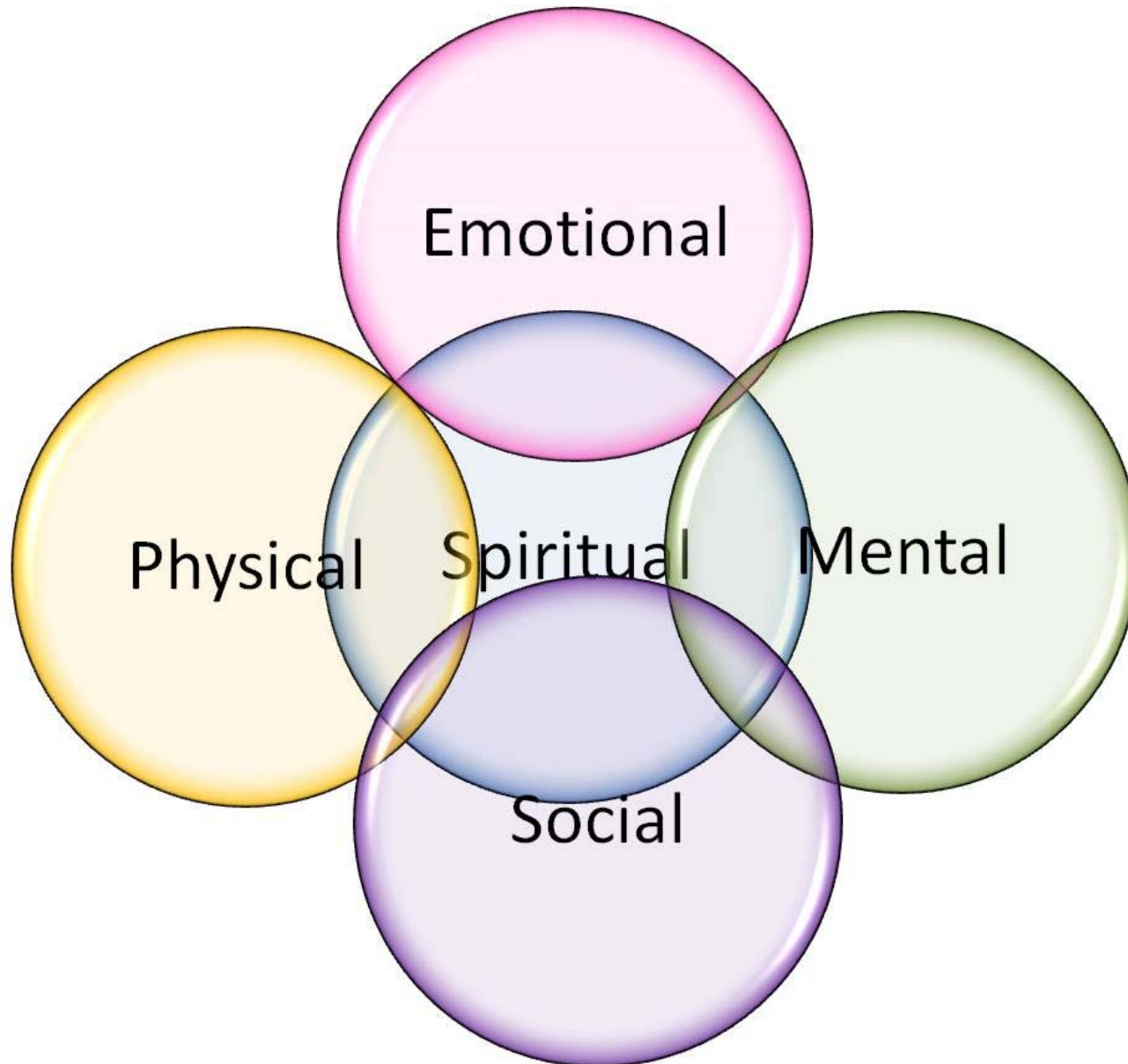
Exhaustion



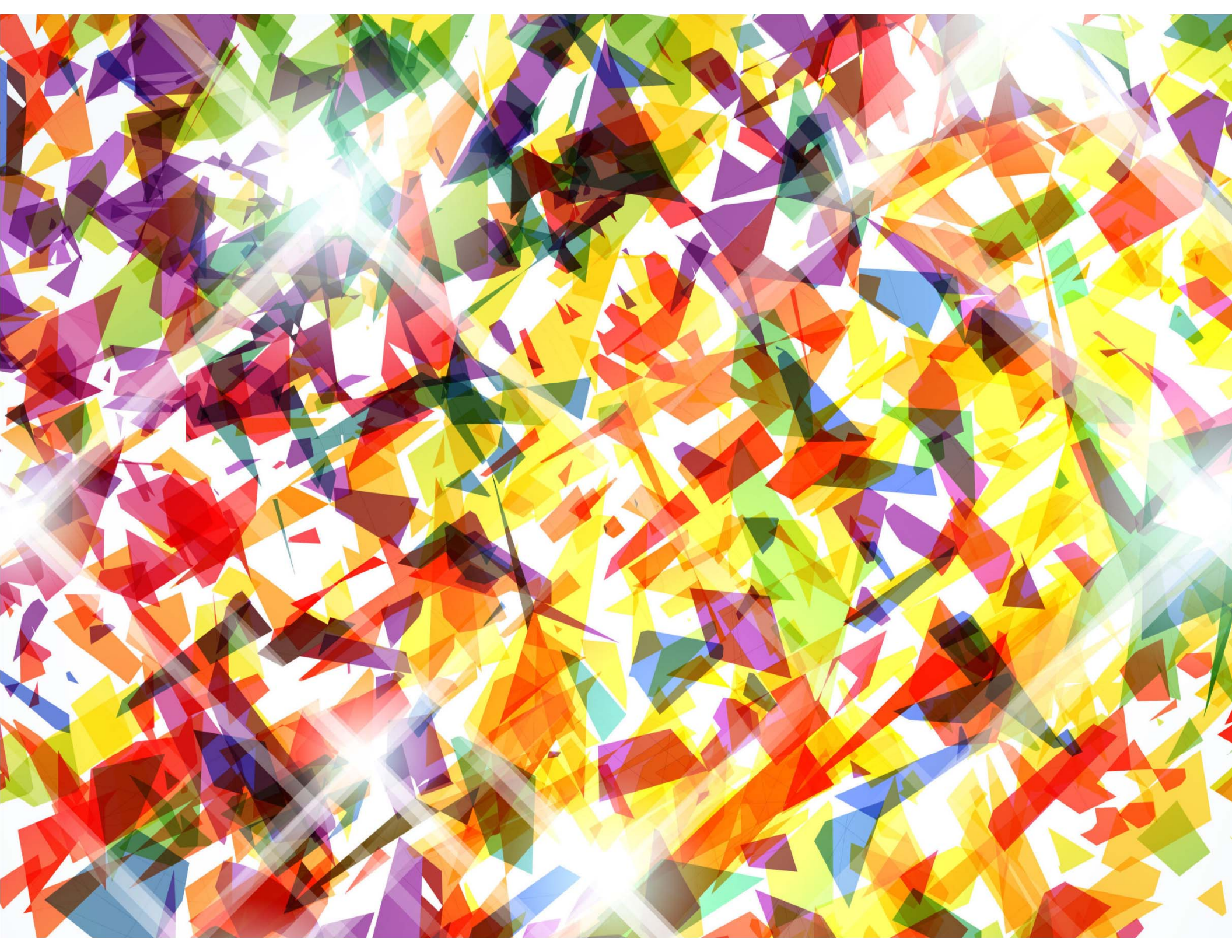
Compassion  
Fatigue is  
a result of  
witnessing  
secondary  
trauma



# FIVE CIRCLES OF HEALTH









Resiliency Skills

Coping Strategies

Self - Care





# Resiliency Techniques



Ongoing Learning

Safety

Social Networks

Positive Outlook

# WHAT WE SAY

When Life gives you lemons, \_\_\_\_\_.

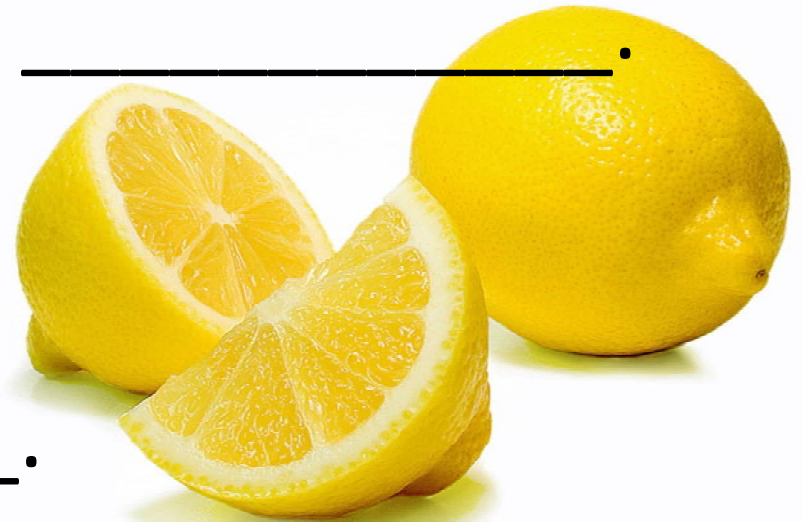
Easy come, \_\_\_\_\_.

Stuff \_\_\_\_\_.

Tomorrow is \_\_\_\_\_.

The sun also \_\_\_\_\_.

What does not kill us \_\_\_\_\_.







# COPING STRATEGIES

Avoidance

Emotional

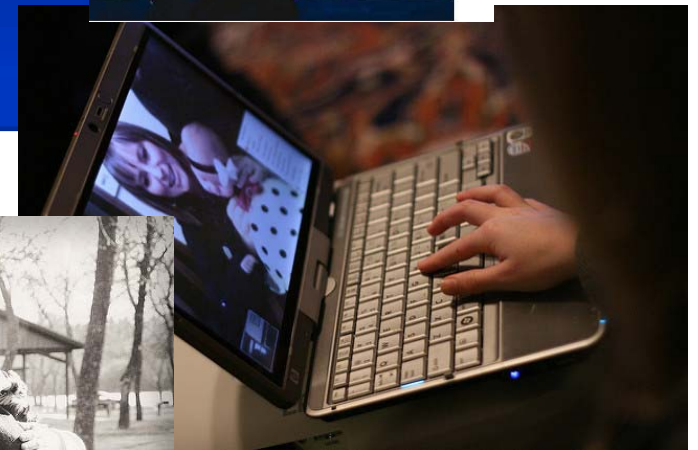
Problem-solving

# Emotional-Focused





# Emotional-Focused



# Problem-Solving Approach



*Monitor Results*



*Evaluate & Implement*



*Generate Options*



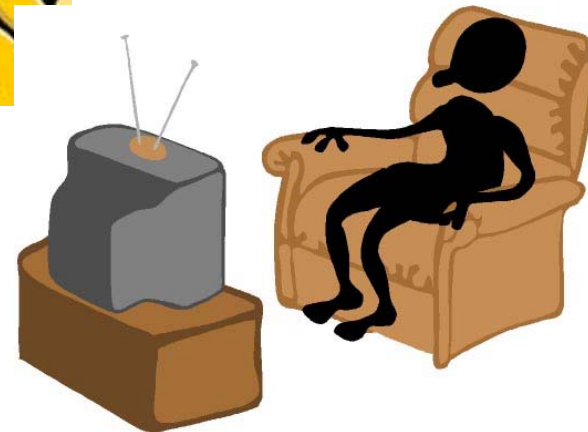
*Gather Facts*



*Identify Problem*



# Avoidance







# Self-Care Skills

Know your symptoms

Be self-aware of over-extension

Prioritize

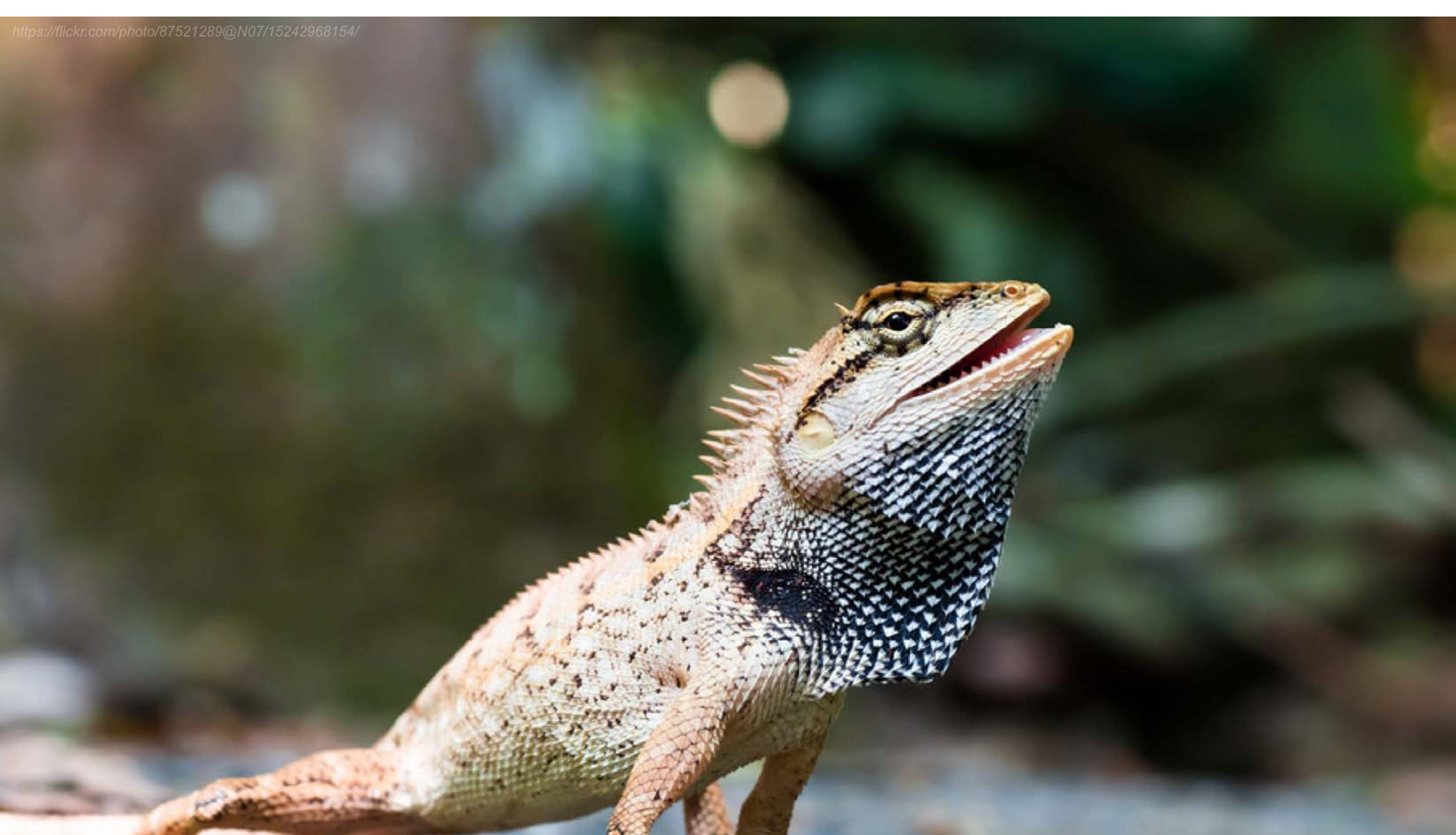
Be OK with No or Later

Practice emotional-focused  
skills

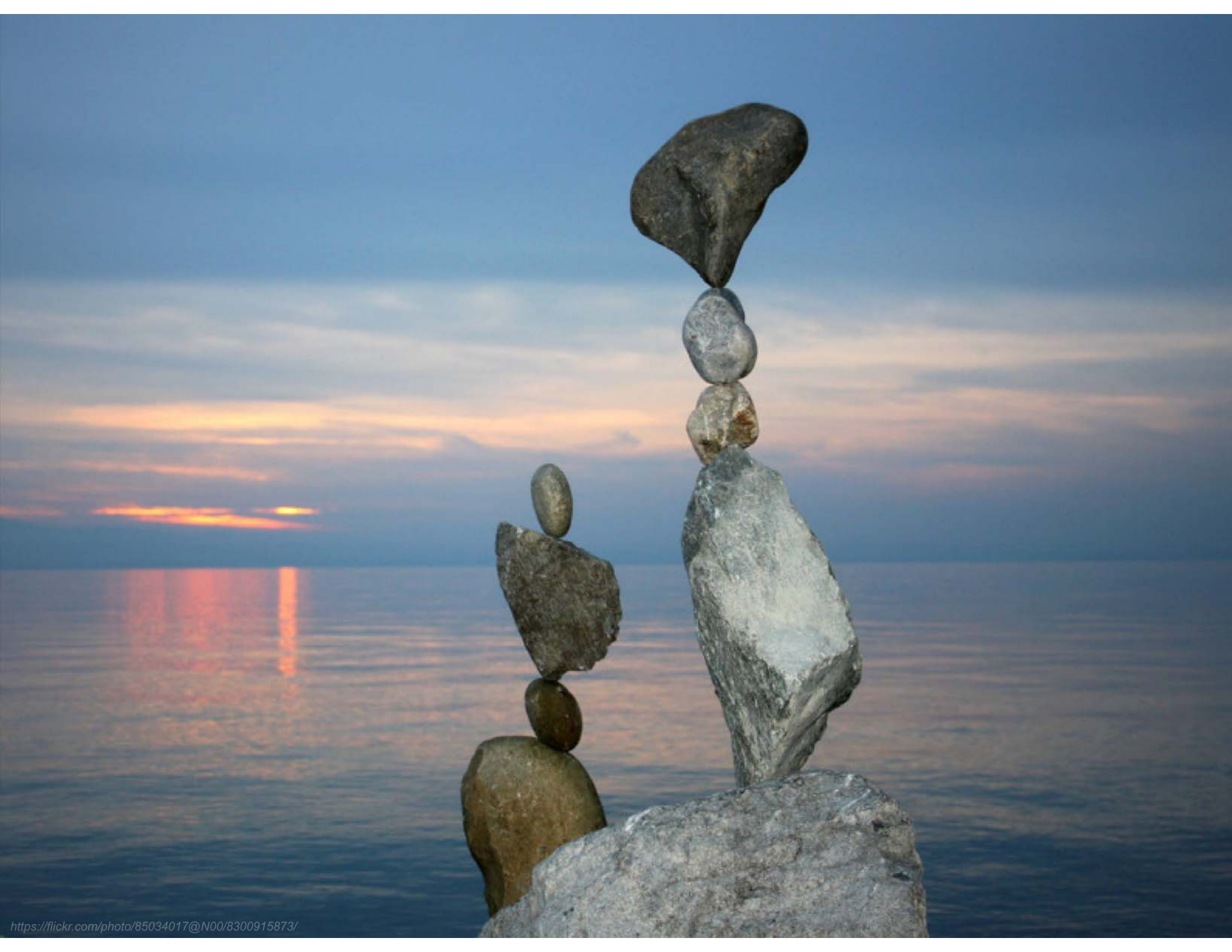
Monitor boundaries

Create new physiologic  
responses





TAME THE LIZARD





## Contact information:

Lisa Boesen, MAOM, ACC, CMC, PHR

*Speaker, Author, Trainer, Coach*

[www.lisaboesen.com](http://www.lisaboesen.com)

713.253.9308

[Lisa@lisaboesen.com](mailto:Lisa@lisaboesen.com)

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*It's as good as being there.*

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*Lisa Boesen*

live brilliant, live bold, live balance

# References

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