

COPING WITH CHRONIC FATIGUE



Presented by
Elaine Chan



When the body says no

Ways to regain balance
and feel hopeful again

Elaine Chan,
Coaching &
Counselling

Tired or Burnout

When you are tired, sleep, rest, and hobbies can help you recover from physical exhaustion. Your mind can shift moods and find ways around a problem. **With burnout, the fatigue doesn't go away even if you get all your sleep.**

<https://www.youtube.com/watch?v=CPpv4gMZiTE>

What is burnout?

World health organization

“Burn-out is a syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:

- feelings of energy depletion or exhaustion
- increased mental distance from one’s job, or feelings of negativism or cynicism related to one's job
- reduced professional efficacy.

Prolonged overworked, and under appreciated / supported

Anyone?

What's the difference?

Stress

- **Characterized by over-engagement**
- **Emotions are over-reactive**
- **Produces urgency and hyperactivity**
- **Leads to anxiety disorders**
- **Primary damage is physical**

Burnout

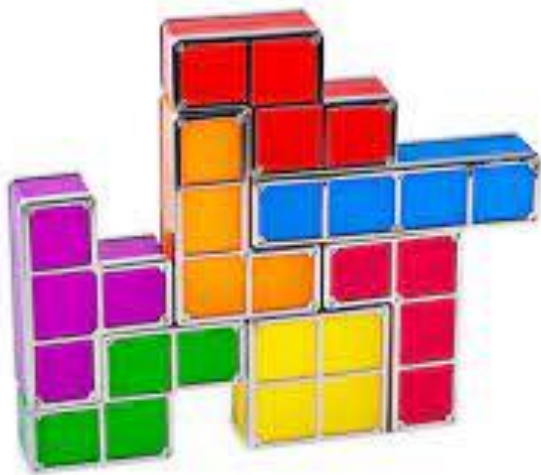
- **Characterized by disengagement**
- **Emotions are blunted**
- **Produces helplessness and hopelessness**
- **Loss of motivation, ideals, and hope**
- **Leads to detachment and depression**
- **Primary damage is emotional**

Stress Relievers

SOUL	 Digital detox	 Read a book	 Creative hobby
BODY	 Deep breathing	 Exercise	 Healthy sleep
MIND	 Meditate	 Walk in nature	 Take a bath

**New
balance #1:
relieve
stress**

New balance #2: **the Tetris effect**



This principle teaches us to retrain our brain to spot pattern of possibility and seize opportunities

Drivers of the Positive Tetris Effect:

- Happiness
- Gratitude
- Optimism

Example: List 3 positive things that happened in the last 24 hours

Common causes of burnout:



- ❑ Lack of control
- ❑ Unclear job expectations
- ❑ Dysfunctional workplace dynamics
- ❑ Extremes of activity
- ❑ Lack of social support
- ❑ Work-life imbalance

CAUSES OF CAREGIVER BURNOUT

- High demands and needs from their care recipient
- Conflicting needs and demands from multiple people
- Unclear expectations
- Large workloads
- Conflicting methods of treatment
- No privacy or personal time
- A lack of support
- Poor physical and mental hygiene
- Financial pressure
- Feelings of guilt
- Sleep deprivation
- Lack of resources or training

96% of individuals receiving long-term home care have an unpaid caregiver

More than 1 in 3 of these caregivers are distressed

Burnout - Physical

Warning Signs and Symptoms

- **Feeling tired and drained**
- **Lowered immunity; feeling sick**
- **Frequent headaches, back pain, muscle aches**
- **Change in appetite or sleep habits**
- **Chest pain, shortness of breath, sleeplessness, or heart palpitations.**

(Make sure that you see a physician about these!)

Burnout – Emotional

Warning Signs and Symptoms

- **Sense of failure & self doubt**
- **Feeling helpless, trapped, and defeated**
- **Detachment; feeling alone**
- **Loss of motivation**
- **Cynical & negative outlook**
- **Decreased satisfaction & sense of accomplishment**

Burnout - Behavioral

Warning Signs & Symptoms

- **Withdrawing from responsibilities**
- **Using food, drugs, or alcohol to cope**
- **Isolating yourself**
- **Taking out frustrations on others**
- **Procrastinating**
- **Skipping work, being late, leaving early**



HOW ARE YOU FEELING

SIGNS YOU MAY BE ON THE WAY TO BURNOUT...

- CHRONIC FATIGUE**
- INSOMIA**
- FORGETFULNESS**
- PHYSICAL SYMPTOMS**
- INCREASED ILLNESS**
- ANXIETY**
- LOSS OF APPETITE**
- NOT TAKING CARE OF YOURSELF**
- ANGER**
- DEPRESSION**

Check off signs that apply to you and pay attention.

Is it really chronic fatigue syndrome (CFS)

Typically, prolonged fatigue(CFS) comes from a **medical** background^{2,3} while burnout comes from a **psychological** background. CT 1, 2007

Persistent Burnout Theory of Chronic Fatigue Syndrome, David Jameson, Ladysmith, Canada proposed a model of CFS based on a state of **persistent burnout** that remains after the initial stressors have been removed.

Group activity

3-4 person group:

**What do you do to
recover from burnout**

1. **Select a spokesperson**
2. **Make a list of things that work for you: What are you doing right now that help you avoid burnout and boost energy**
3. **Share with class**

Your proactive action plan to prevent burnout



1. **Take active responsibility for your career & life.**
2. **Take care of your body's basic needs.**
3. **Create balance in your life. Develop interests outside of work. Take a vacation!**
4. **Strengthen your body, mind, spirit and personal relationships.**
5. **Focus on the positive.**
6. **Recognize when you need help and ASK!**

New balance #3: **Exercise Resilience**



- **Make connections**
- **Reframe how you interpret and respond to events**
- **Accept that change is a part of living**
- **Move towards your goals**
- **Take decisive actions**
- **Look for opportunities of self-discovery**
- **Nurture a positive view of yourself**
- **Keep perspective**
- **Maintain a hopeful outlook**
- **Take care of yourself**

New balance #4: **personal empowerment**

Self-care

- **Sleep, physical activity**

Managing energy

- **Physical, emotional, mental, spiritual**

Emotional intelligence

- **Self-awareness, self-regulation,
motivation, empathy, social skills**

Mindfulness

- **Meditation, journaling, conversation**



The ABC of restoring balance and hope



A: Awareness: daily check - ins

B: Balance: 80/20

**C: Commitment/connection:
make time for what matters**

Professional help

When?

- **Changes in work setting have no impact**
- **Self-care plan no longer working**
- **Significant impairments in functioning**

Where?

- **Company EAP**
- **Community-based mental health provider**
- **Agencies for un- & under-insured**
www.helpformentalhealth.ca
Vancouver-fraser.cmha.bc.ca
(Chinese Mental Health Promotion)



Close

Fore caregivers:

Burnout is pervasive and all-consuming

Burnout is not your fault, but it is your responsibility –

Practice the ABC and regain new balance

Questions?



Thank you

Elaine Chan

**Community Mental Health Worker
coaching and counselling**

REFERENCES

- Mayo Clinic. (2018, 21 November). *Job burnout: How to spot it and take action*. Retrieved August 6, 2019 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642>
- World Health Organization. (2019, 28 May). *Burn-out an "occupational phenomenon": International Classification of Diseases*. Retrieved August 6, 2019 from https://www.who.int/mental_health/evidence/burn-out/en/



DISCLAIMER

THE OPINIONS EXPRESSED IN THIS PRESENTATION AND ON THE ABOVE SLIDES ARE SOLELY THOSE OF THE PRESENTER AND NOT NECESSARILY THOSE OF RCRG. RCRG DOES NOT GUARANTEE THE ACCURACY OR RELIABILITY OF THE INFORMATION PROVIDED HEREIN.

**Presented by
Richmond Cares Richmond Gives**

