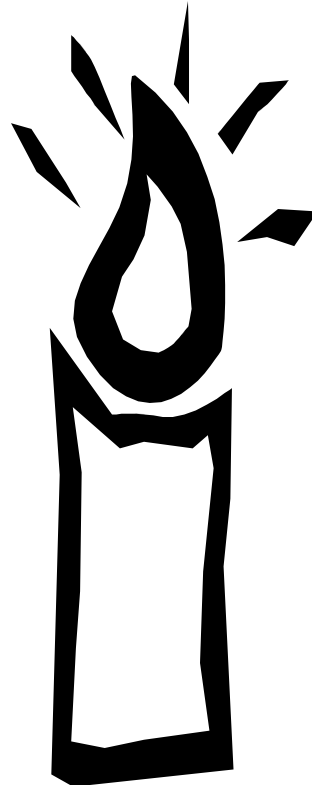




Directions for Living  
LIFE GETS BETTER HERE.™

# Dear Overwhelmed Mom

*This is stressful and you are doing amazing!*



That which is to give light must  
endure burning – Victor Frankl



What does that mean to you?



# Ah-ha

- I want you to participate with me
  - Show of hands
  - Thumbs up, down
  - Celebrate hands
  - Tell me (your) stories



# Power-Hour Level Set

- It is normal to not feel normal right now
- Acknowledge your mom guilt
  - I feel like a bad mom, bad employee, bad at everything
    - Too much TV/screen time
    - Chicken nuggets 3 x this week
    - Sending kids to school, not sending kids to school
- This Power Hour is about you



# Out of the Mouths of Babe's

“Pandemics can be stressful”

“I hate COVID, I really, really hate COVID, it has ruined everything”



# Pandemics Can, In Fact, Be Stressful

- Fear and worry about your own health
- Fear and worry about the people you love health
- Financial situation may be uncertain, loss of job income, health benefits
- Social distancing, isolation, and loneliness



What else?





# Pandemic Fatigue Syndrome

- Coronavirus Burnout
- Compassion Fatigue
- Pandemic Fatigue



# Burnout

- A work thing?



# CORONAVIRUS BURNOUT

- The chronic conditions of perceived demands outweighing perceived resources
- Emotional exhaustion
- Reduced personal accomplishment
- You do not like what you have to do (SD, HW)
- You do not want to do what you have to do (masks)



# ~~COMPASSION~~ PANDEMIC FATIGUE

- The chronic conditions of perceived demands outweighing perceived resources
- Emotional exhaustion
- Reduced personal accomplishment
- You like what you do (job, parenting)
- You want to do what you do (job, parenting)
- You need something to look forward to



# COMPASSION TRAP

- When you are doing your best and your best is not good enough
- You are convinced that if you work harder you can get it all done



# Truth

Whatever your life looks like right now, and whatever you are feeling is okay. Whether you are shorter tempered with your kids or find yourself crying randomly, it's okay. Allow yourself to feel your feelings.



# COMPASSION STRESS

- When we want to be perfect and we are having a hard time letting go of some things
- When we have become too rigid, or too relaxed
- When mixed messages are given to us



# Truth

You are in survival mode. It is ok to lower the usual standards right now. If screen time has to increase, you're still doing great. If not every meal is home cooked from scratch right now, you're still doing amazing.





# Fatigue

- Stress
- Depression
- Anxiety



# Symptoms

- Cognitive
  - Low concentration, rigidity, minimization, disorientation
- Emotional
  - Powerlessness, anxiety, guilt, anger, numbness, fear, helplessness, sadness, depression, depleted, shock, blunted or enhanced affect.



# Symptoms

- Behavioral
  - Irritable, withdrawn, moody, poor sleep, nightmares, appetite change, hyper-vigilance, isolating
- Spiritual
  - Questioning life's meaning, pervasive hopelessness, loss of purpose, questioning of religious beliefs, loss of faith/skepticism



# Symptoms

- Somatic
  - Sweating, rapid heartbeat, breathing difficulty, aches and pains, dizziness, impaired immune system, headaches, difficulty falling or staying asleep



# Symptoms

- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol or other substances



# Many Truths

- Symptoms are not shameful
- Symptoms tell us we are put together right
- Symptoms are calling us back to center
- Symptoms will not be ignored



# WHY IS THIS HAPPENING

- You are tired upon tired
- The worry, the repetition, the restrictions
- Working at the kitchen table
- Home schooling
- Your life seems on hold



# THE EFFECTS OF COMPASSION FATIGUE

- Everything is a crisis
- Frequent headaches
- You no longer enjoy the things that use to give you pleasure
- You often feel frazzled
- You believe that you have do not have time to be proactive
- You no longer hear what your clients are telling you





# Quote of the Day

“Learning is what you remember  
after you have forgotten  
everything that I said”



# The Six R's to Stress Management

- Responsibility
- Reflection
- Relaxation
- Relationships
- Refueling
- Recreation



# BE PROACTIVE

- Exercise
- Good nutrition
- Pets
- Gardening
- Sleep
- Quality time with family  
(and friends virtually)



# Keep Healthy Routines

- Predictable routines – maintain bedtimes, wake-up times, getting dressed & ready for work,
- Establish new routines – break-up work when possible
- Turn off cell-phones, social media



# RESILIENCY & SELF CARE

- Guided imagery
- Visualization
- Humor
- Music
- Prayer
- Meditation
- Walking/grounding



# Tips & Tricks

Shift your perspective – will your kids remember that they ate chicken nuggets three times in a week when they are adults? Probably not. Might they remember that there were more family cuddles during that crazy pandemic year? Maybe!

Exchange social distancing with physical distancing



# Tips & Tricks

- Cut yourself some slack
- Lean on your village – facetime grandparents, utilize free resources online (like live streams of zoos and aquariums around the world or Instagram videos of celebrities reading



# Tips & Tricks

Break things down into smaller steps, one thing at a time. Make a list of what you really have to get done, eliminate the extra noise, and cross one thing off a time. If you run out of time, there is always tomorrow.





# Tips & Tricks

Self-care – prioritize yourself, your health, your rest, your decompression time so you have the stamina to keep doing everything else you do.



# What to do

- “Brain dump” – start with a piece of paper and write everything that is in your head down on a piece of paper
  - Worried about kids falling behind in school, write it down
  - Concerned about piles of laundry, write it down



Is Your Glass Half Full or Half  
Empty?

Opportunity is now where





# Thank You!

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