### Welcome!

#### **Shatanese Reese**

- Senior HR professional
- Emotional Intelligence Coach
- Master Facilitator
- Author







# Welcome!

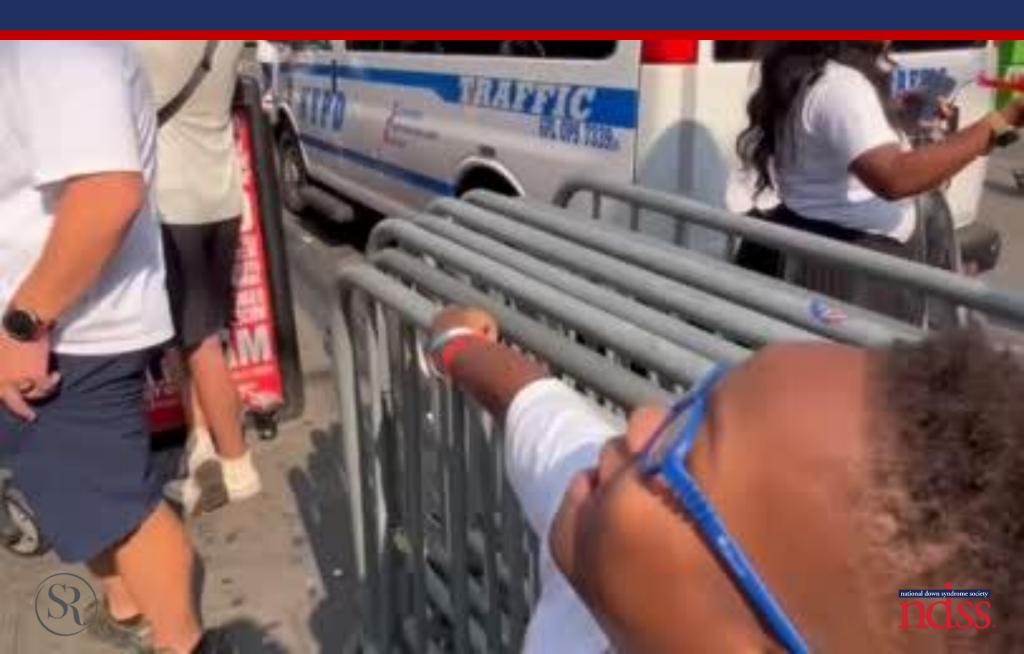








# **Josiah in Times Square**



#### **Webinar Goals**

#### Today's Focus

- Define caregiver burnout and its impact
- Identify common signs of emotional, physical, and mental exhaustion
- Recognize risk factors and stressors
- Distinguish healthy vs. chronic stress
- Explore emotional and psychological impacts
- Learn tools for wellness and resilience
- Discover community and professional support
- Encourage proactive wellness planning





# **Understanding Caregiver Burnout**

#### What Is Caregiver Burnout?

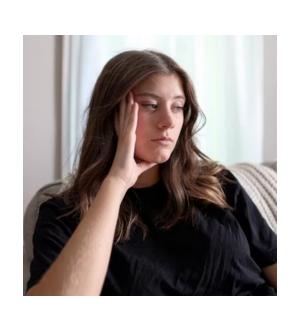
- A state of physical, emotional, and mental exhaustion caused by prolonged caregiving stress
- More than "feeling tired" it affects health, relationships, and care quality

#### **Specific to Down Syndrome Caregivers**

- Long-term responsibilities into adulthood
- Unique challenges with independence, health, and daily support
- Often balancing multiple roles with little relief







# **Understanding Caregiver Burnout**

#### The Toll of Caregiving Stress

- Decreased patience and energy for daily tasks
- Strained relationships with loved ones
- Higher risk of stress, anxiety, or depression
- Less ability to provide consistent care
- A cycle where both caregiver and loved one feel the impact

Caregiver well-being directly shapes the well-being of loved ones.





#### **Recognizing Burnout**

- Constant fatigue, even after rest
- Irritability, mood swings, or emotional numbness
- Difficulty concentrating or making decisions
- Loss of joy and motivation
- Physical strain: headaches, poor sleep, or stomach issues





Which of these signs have you noticed in yourself recently?





#### Risk Factors & Stressors Poll

- 1. Limited respite or support options
- 2. Balancing caregiving with work and family
- 3. Financial strain or lack of resources
- 4. Emotional toll of long-term caregiving
- 5. Pressure to "do it all" without help

Which one of these stressors feels most familiar to you right now?





#### Healthy Stress vs. Chronic Stress

- Healthy Stress:
  - Motivates action
  - Short-term
  - Manageable

- Chronic Stress:
  - Constant
  - No recovery
  - Leads to burnout

Chronic caregiver stress can feel "normal" — but it takes a toll over time.

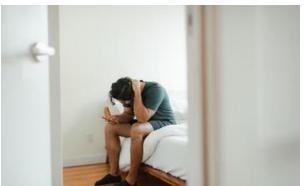




#### **Emotional & Psychological Impacts**

- Anxiety, worry, or feeling constantly "on alert"
- Guilt for needing breaks or personal time
- Depression or sense of isolation
- Strained family and personal relationships





Research shows 40–70% of caregivers report symptoms of anxiety or depression due to stress (Caregiver.org)





# **Tools & Strategies for Resilience**

#### **Practical Tools for Wellness**

- Breathing exercises or 2–5 min mindfulness breaks
- Journaling to process emotions and track progress
- Physical activity: stretches, walks, or light strength exercises
- Setting boundaries: say "no" without guilt
- Celebrate small wins: acknowledge daily efforts and successes









# **Tools & Strategies for Resilience**

#### **Building Resilience**

- Daily self-check-ins: monitor mood, stress, and energy
- Replace unhealthy coping (overeating, avoidance)
   with positive habits
- Create personal rituals: quiet time, music, hobbies
- Gratitude practice: focus on small joys or achievements











# **Tools & Strategies for Resilience**

#### Moving from Overwhelm to Empowered

- From **surviving** → **thriving**: focus on daily wins, not just responsibilities
- From **silence** → **community**: share your story and connect with others
- From self-neglect → self-care:
   prioritize rest, health, and joy without guilt
- From guilt → grace:
   release perfection, accept that "good enough" is still love
- From burnout → resilience:
   use small, consistent practices to build strength over time





# **Community Support & Planning**

#### **Support Resources**

You Don't Have to Do It Alone

- NDSS Support: Caregiver webinars, advocacy groups, peer connections
- Community Programs: Respite care, adult day services, local centers
- Professional Help: Counseling, therapy, social workers
- Online Networks: Caregiver.org, peer groups, social media communities

Reaching out for help strengthens both you and your family.





# **Community Support & Planning**

#### **Proactive Wellness Planning**

- Schedule regular self-care and "me-time"
- Build a dependable support system of friends/family
- A Recognize early signs of burnout: fatigue, irritability, detachment
- Create a personal wellness plan with realistic, actionable steps
- W Commit to one self-care action weekly







# **Community Support & Planning**

#### Time for a Poll

#### Which area do you find hardest to maintain consistently?

- A. Scheduling self-care
- B. Asking for support
- C. Recognizing burnout signs
- D. Following a wellness plan





# **Key Takeaways**

- Burnout is real common among long-term caregivers; early recognition is key
- Watch for warning signs fatigue, irritability, loss of joy, emotional detachment
- Healthy vs. chronic stress short-term stress can motivate; chronic stress drains
- Daily habits build resilience mindfulness, journaling, short walks, small self-care steps
- Community matters peer support, therapy, and networks reduce isolation
- Self-care is essential taking care of yourself improves care for others





## **Questions?**







# Thank you! Head to <a href="https://www.ndss.org">www.ndss.org</a> for more information and additional resources.



