

Finding Your Resilient Powers to Combat Fatigue and Burnout

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She/her

Objectives

- The learner will identify 2 symptoms that indicate caregiver burnout
- The learner will discuss a strategy to prevent compassion fatigue
- The learner will identify self- possessed resilience strategies

Current State

- What role do you identify with in your workplace?



What keeps
you at your
current job?

HAPPY IBCLC DAY!

*When you care
for parents and
babies, you care
for the entire
community.*

~LAUREL WILSON

Definitions and Symptoms

Fatigue

- Physical
- Emotional
- Psychological



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Burnout

- Physical
- Emotional
- Psychological



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Imposter Syndrome

- Emotional
- Mental



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headache/migraine memory problems

sinus pain muscle weakness sore glands

heavy eyes difficulty finding words cramping
blurry vision slurred speech

drop in temperature muscle pain/aches loss of appetite
difficulty breathing muscle spasms

nausea chills clumsy in movements

burning pain joint pain "flu-like" symptoms
heart racing dizziness

difficulty thinking clearly

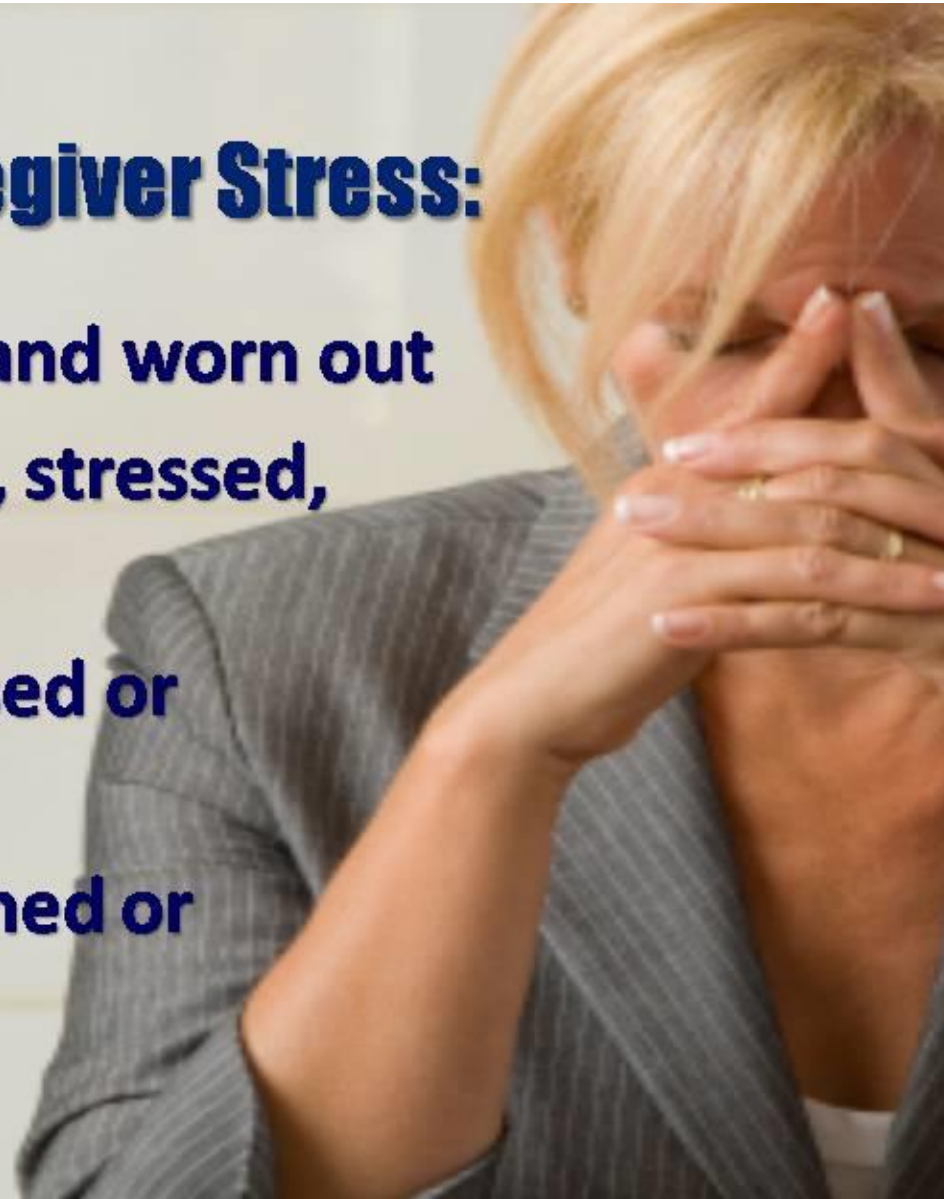
feverish feeling sensitive to light, sound, smell anxiety
chest pain irritability

tingling can't control bowels hopelessness all over body pain constipation

low blood pressure insomnia sore throat

Warning Signs of Caregiver Stress:

- **Physically – exhausted and worn out**
- **Emotionally – resentful, stressed, bitter**
- **Relationally – feeling used or unappreciated**
- **Financially – overwhelmed or depleted**



Gaslighting

Accusing

Doubting

Isolating

Unreliable



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Healing Imposter Syndrome



Balancing with Resilience

Fulfillment

Emptiness





The way to get
started is to quit
talking and
begin doing.

Walt Disney

THE
BURNOUT
DOCTOR
PODCAST



WITH DR. JESSICA LOUIE

Prevention to Burnout



What **Gifts** do you bring?



What Brings you **Joy**?



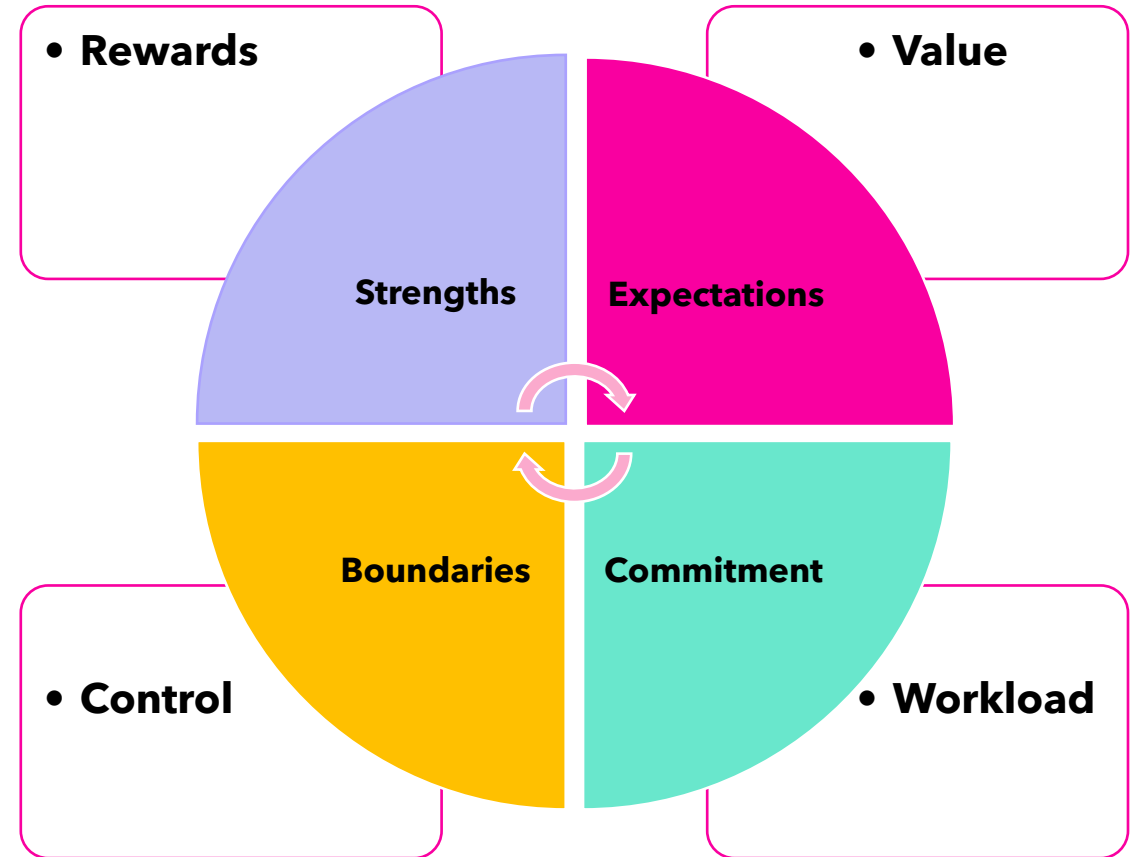
How do you want your **Reward**?



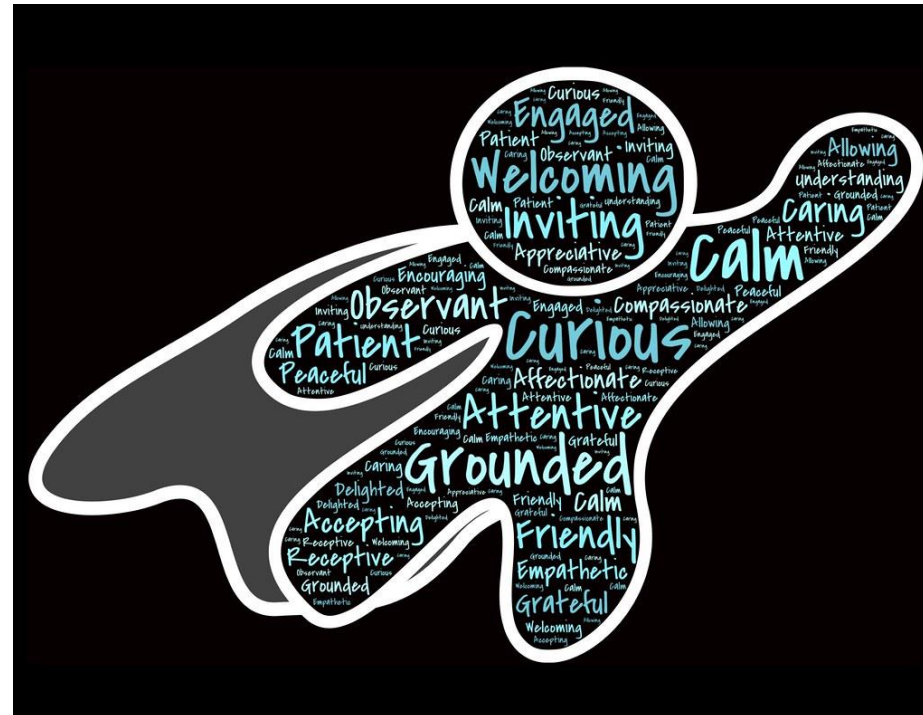
Which **Self Care** is most important?

Ramping Up Your Resilient Powers

Personal Skills & Workplace Environment



What gift do you own that is unique?



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Finding Your Resilient Powers

- Gratitude
- Flexible
- Mindful
- Strength
- Boundaries



1 Thing You
are Grateful
for Today





Thank you

- Annette Leary RN ,BSN, IBCLC
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- www.babyblissfeeding.com

You have a true GIFT
Annette!
You are [REDACTED]'s healing Angel
👼
So Thankful for you!



bibliography

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