



Finding Peace in Our Purpose

Michelle Choate MA CTC CEC

12/12/24

Michelle Choate
LEADERSHIP / TEAM COACHING AND DEVELOPMENT

Is caregiving a calling?



M. Christy
LEADERSHIP / TEAM COACHING AND DEVELOPMENT



What are the values that drew you to caregiving?

- Service
- Social Responsibility
- Family
- Compassion
- Respect
- Advocacy
- Kindness
- Dignity



Emotional Intelligence



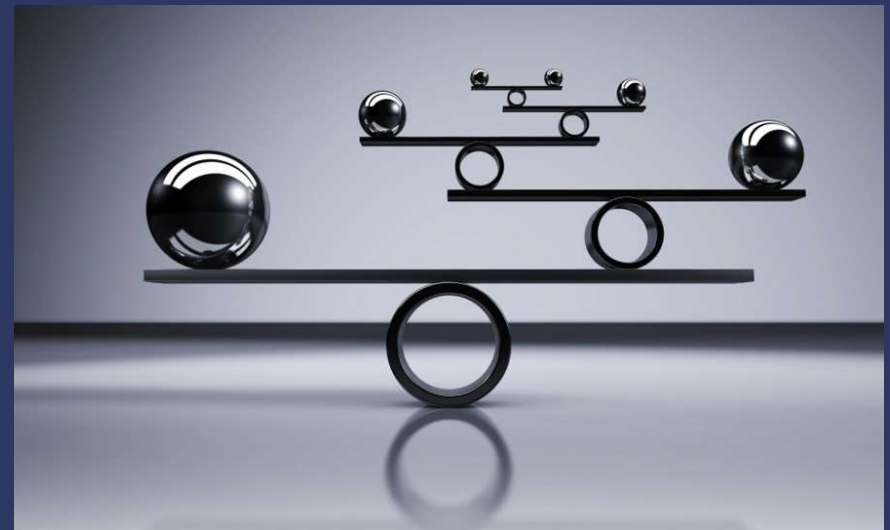
- Perceive and express ourselves
- Develop and maintain social relationships
- Cope with challenges
- Use emotional information in an effective and meaningful way

Self- Awareness

Being aware of both our mood,
and our thoughts about that mood.

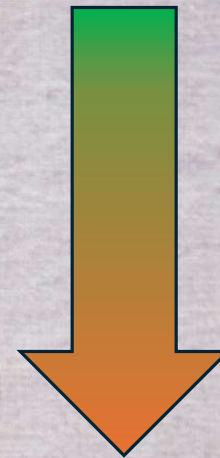
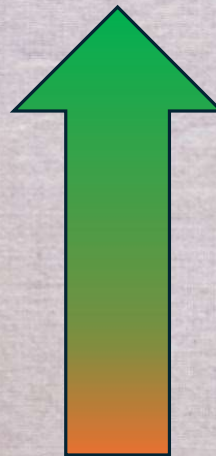


- HOW DO I FEEL ABOUT MYSELF
- HOW DO I VALUE MYSELF
- HOW AWARE AM I OF MY EMOTIONS
 - AND THE BASIS FOR THESE EMOTIONS
 - AND THE IMPACT OF THESE EMOTIONS ON HOW I FEEL ABOUT AND VALUE MYSELF





Resilience
Purpose-in-life
Social connections



Loneliness
Depression

The association of psychological protective factors with caregiver mental health outcomes, S. Musich et al. / Geriatric Nursing 50 (2023)



Resilience: Go Back or Grow Forward

M. Christy
LEADERSHIP • TEAM BUILDING • DEVELOPMENT

Resilience Self-Assessment, 13 questions

Answer each of the below questions on a scale of 1-4

(1), meaning Never or Rarely

to

four (4) meaning Always

1. Connections

I am close to at least one person, whom I trust and will seek for support.

2. Benefiting Others

I contribute to the wellbeing of others.

3. Physical Self Care

I exercise aerobically three or more days a week, sleep enough to have energy throughout the day, spend at least an hour a day outdoors, and eat a balanced, moderate, and wholesome diet including five or more servings of fruits and vegetables a day.

4. Stress Reduction Practice

Four or more days a week, I participate in at least one practice to quiet my mind and body. (Examples: deep breathing, time in nature, playing a musical instrument, yoga, meditation, prayer, journaling, tai chi, qigong, progressive muscle relaxation).

5. Flexible Thinking

When I am going through a difficult time, I consider multiple perspectives and options.

6. Self-confidence

I trust myself, my intuition, and my abilities.

7. Openness to Experience

I seek and enjoy new and unfamiliar experiences.

Resilience Self-Assessment, 13 questions

Answer each of the below questions on a scale of 1-4

(1), meaning Never or Rarely

to

four (4) meaning Always

8. Workability

I approach every challenge as though I can work through it somehow.

9. Awareness

I notice the world around me and I can often anticipate opportunities and challenges because of what I notice.

10. Experience Facing Big Challenges

I have faced difficult challenges before and have found healthy and adaptive ways to work through them.

11. Willingness

When challenges arise, I face them and I do not deny them, ignore them, or use alcohol or other drugs to avoid or cope with them.

(A.C. Weis, 2010)

12. Engagement

I engage in one or more activities that focus my attention and efforts and that deeply satisfy me.

13. Big Picture

I keep perspective on my challenges by considering the bigger picture.

(**Examples:** Looking beyond my challenges to consider my strengths, supports, resources, opportunities, and privilege. Considering my challenges in the context of challenges that others face. Considering the humor in life's challenges and absurdities. Looking for what I can learn from past challenges.)



Score Assessment: Resilience Self-Assessment

36 or higher	You are likely to view yourself as resilient, and if your view is accurate, you are likely to thrive in the face of challenges and could serve as a strong support and role-model for others.
27 - 35	You are likely to view yourself as having typical resilience, and you will likely do fine with most challenges. Unless you are selling yourself short on your assessment, you have some room for enhancing your resilience. Which categories did you rate 1 or 2? Set some goals for improving this quality in yourself.
26 or lower	You are likely to view yourself as not very resilient. You have ample room for enhancing your resilience. Lower scores are common among people who have had few challenges or have been overwhelmed by challenges. Awareness and self-compassion are the first step in prioritizing this.



Self-Compassion

How your values can drain you rather than orient you:

- *When others don't demonstrate our values
- *When we don't behave in alignment with our own values
- *When we are rigid, habitual
- *When our values result in poor boundaries

VALUES



M. J. Christensen
M. J. Christensen and Associates

Unrealistic expectations

"IT'S NOT OK TO BE DEPRESSED OR ANXIOUS."

"IT'S NOT OK TO HAVE PAINFUL FEELINGS AND THOUGHTS."

"SHOULD" PHRASES, LIKE "OTHERS *SHOULD* KNOW WHAT I NEED WITHOUT ME TELLING THEM"

"IF, THEN" THOUGHTS, LIKE "*IF* MY (PARTNER, PARENT) CARED ABOUT ME, *THEN* THEY'D KNOW HOW I'M FEELING."



- increases well-being and resilience to stress and trauma
- linked to healthier behaviors
 - more exercise
 - less substance use
- greater motivation, confidence, and sense of personal responsibility
- improves our pro-social or supportive relationship behaviors.

Self-compassion



Emotional Intelligence and Self-Compassion



Mindfulness

Being aware of the physical, emotional, or mental pain of the moment.

AND

OVER-IDENTIFICATION



Self-kindness

Treating ourselves with kindness, considering our own needs.

AND

SELF-JUDGEMENT



Common Humanity

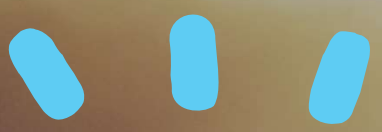
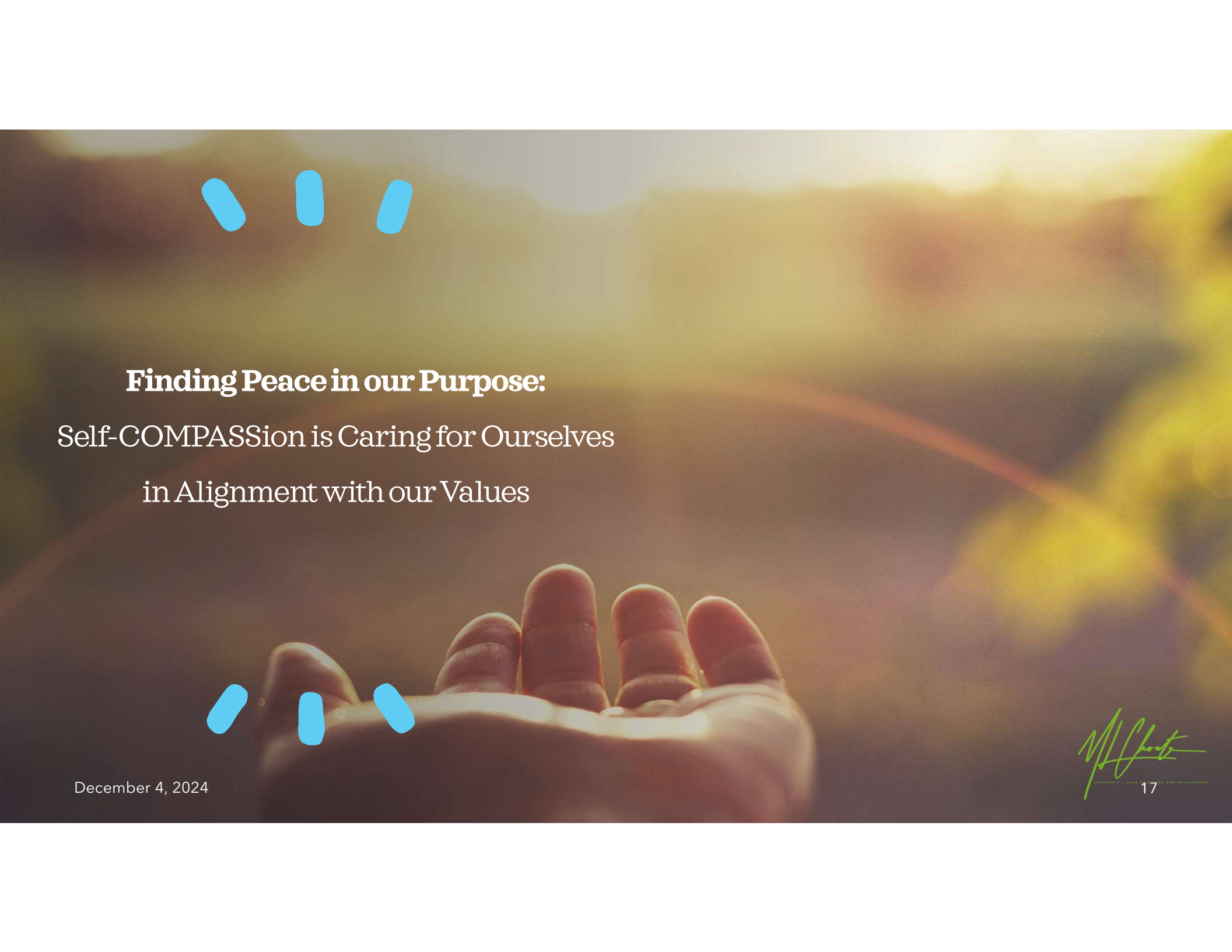
Recognizing that these experiences are a normal part of being human.

AND

ISOLATION

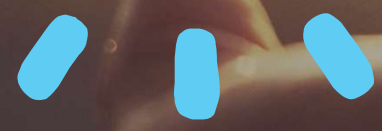


LEADERSHIP • TEAM COACHING AND DEVELOPMENT

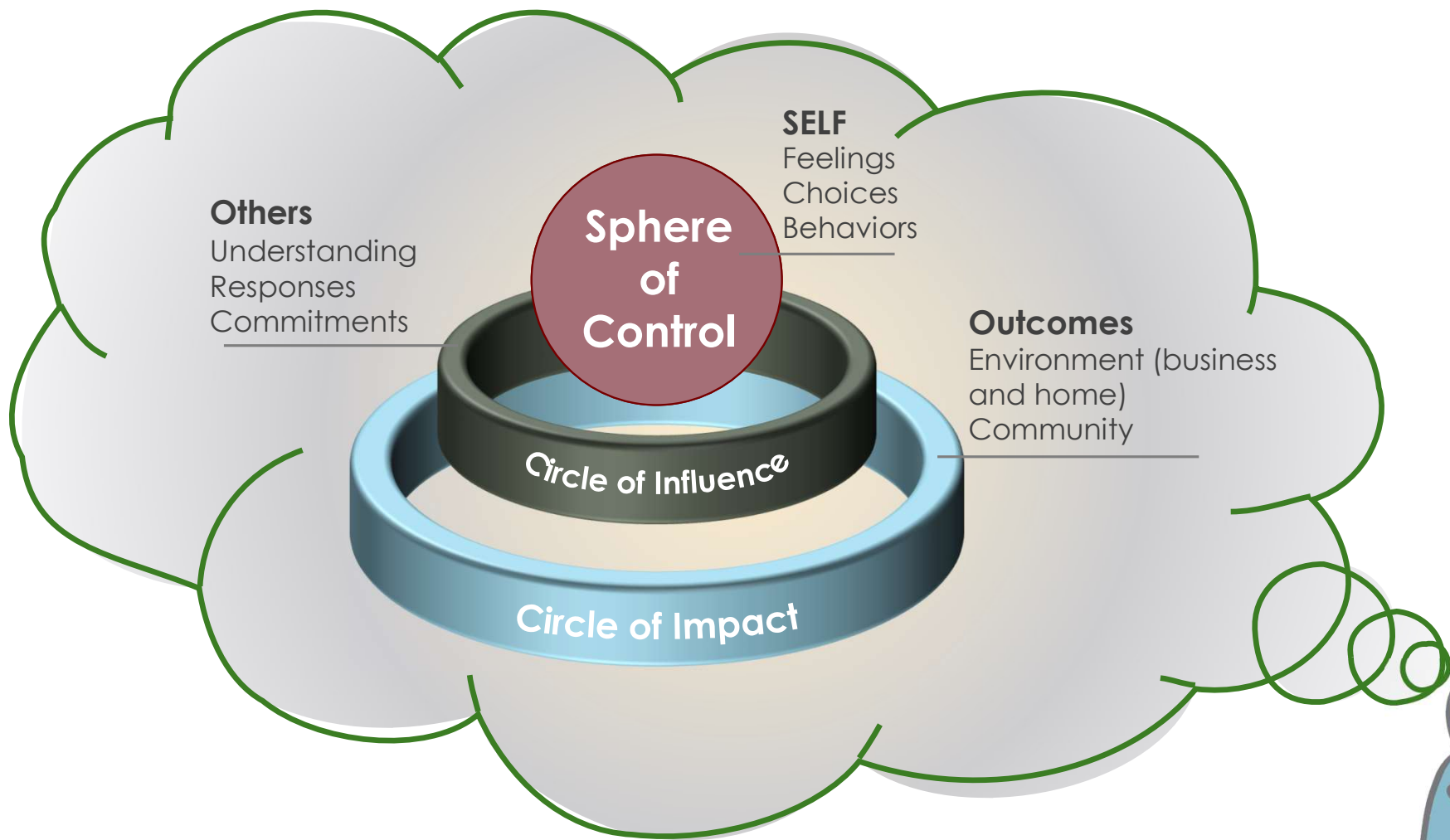


Finding Peace in our Purpose:

Self-COMPASSion is Caring for Ourselves
in Alignment with our Values



December 4, 2024



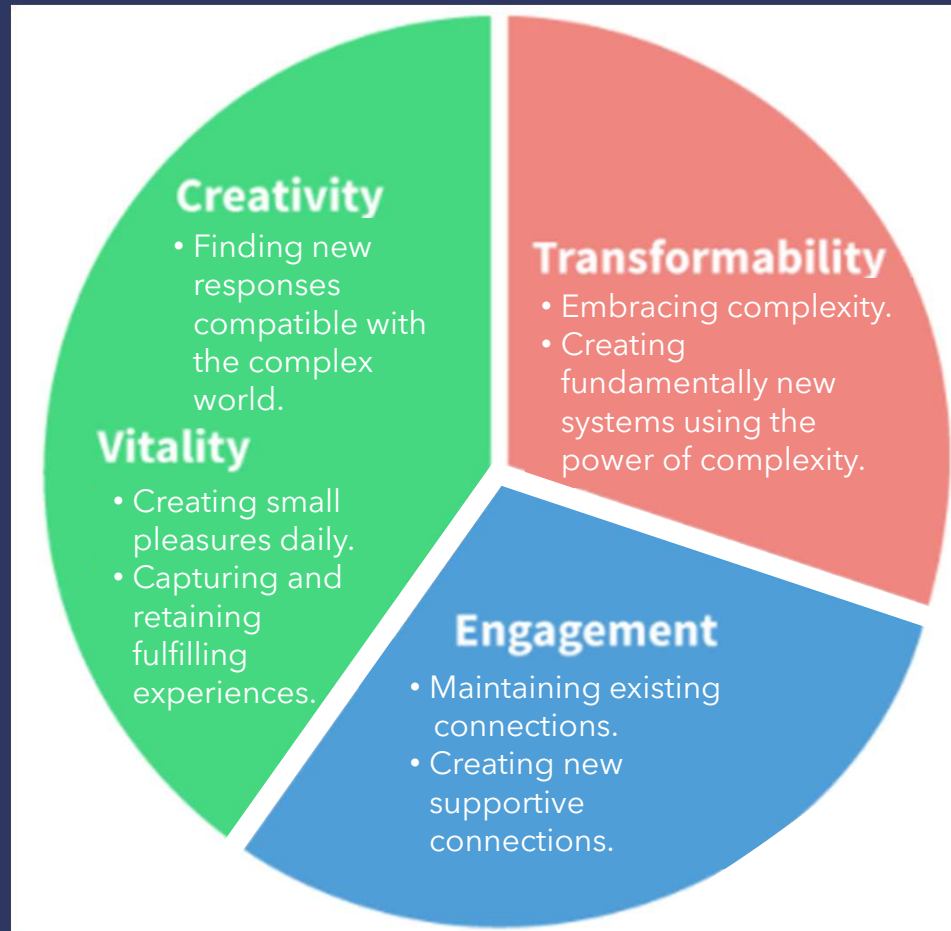
What are the values that drew you to caregiving?

- Service
- Social Responsibility
- Family
- Compassion
- Respect
- Advocacy
- Kindness
- Dignity



W. Christy
100% REAL. 100% TEAM. CHANGING ONE DEPARTMENT.

Strengthening Caregiver Resilience: Values in Complexity



Values to Purpose: A Balanced Formula

- Guided by [*Core Value*], my purpose is to [*Action Verb*] + [*Target Audience/Subject*] + so that/to + [*Desired Outcome or Change*] of / for [*Target Audience / Subject*].
- AND when I [*Action Verb*] with myself, I [*Intrinsic Motivation*] and [*Extrinsic Motivation*].
- Example: SERVICE

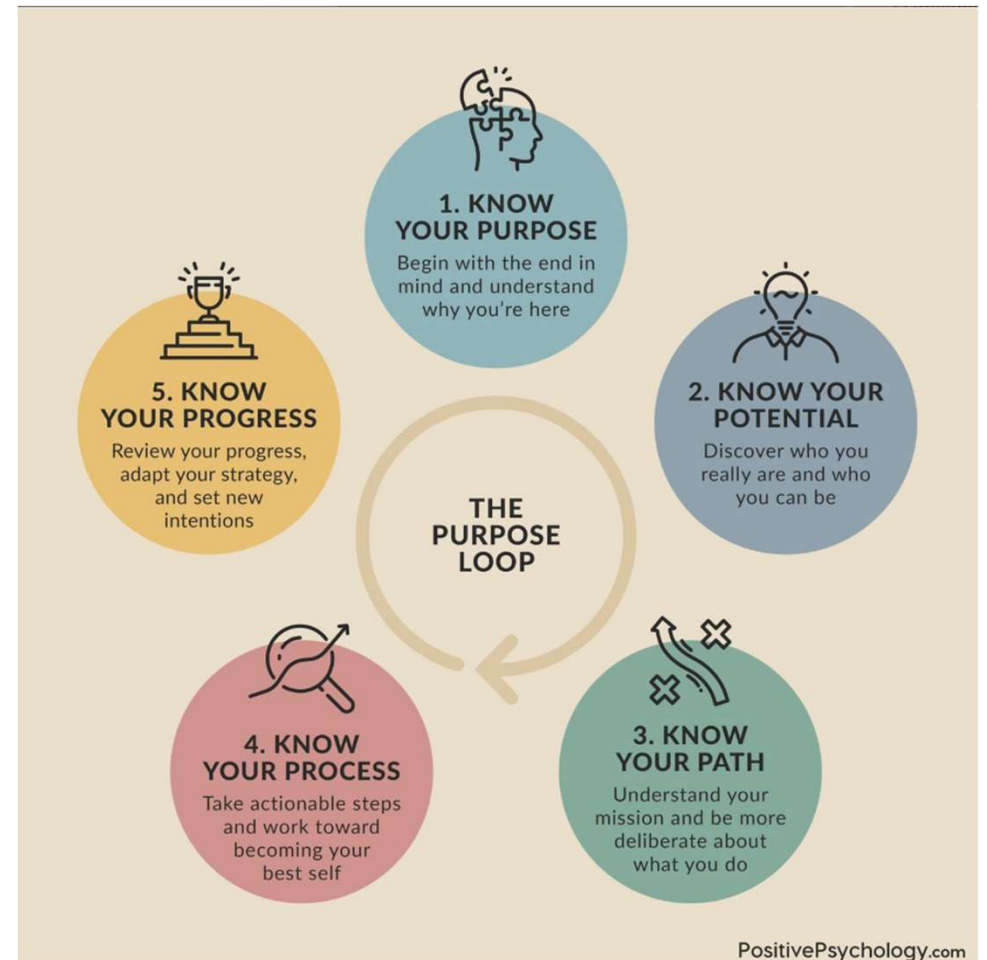
Guided by “*Compassion*” my purpose is to *sit patiently* with *MY PATIENT* to *decrease the agitation* of *MY PATIENT*

AND, when I *sit patiently* with myself, I *can recognize my feelings* and *decide what to say / do*.



M. Christy
LEADERSHIP • TEAM COACHING AND DEVELOPMENT

“Life is never made unbearable by circumstances, but only by lack of meaning and purpose.”
Viktor Frankl



Care for Self: Setting Boundaries

FOCUSING YOUR EMPATHY

Your empathy for others helps you do your job. It is important to take good care of your feelings and thoughts by monitoring how you use them. The most resilient workers are those that know how to turn their feelings to work mode when they go on duty, but off-work mode when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched to work mode) and maximum support while resting (feelings switched off-work mode).

How to become better at switching between Work and Off-Work Modes

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (work-mode) or connected and cared for (non-work mode) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.



Use this link to access the
Self-Compassion Assessment
and connect with me!

Michelle Choate MA CTC CEC
Emotional Intelligence Coaching
Team Coaching
Culture Consulting



LEADERSHIP / TEAM COACHING AND DEVELOPMENT