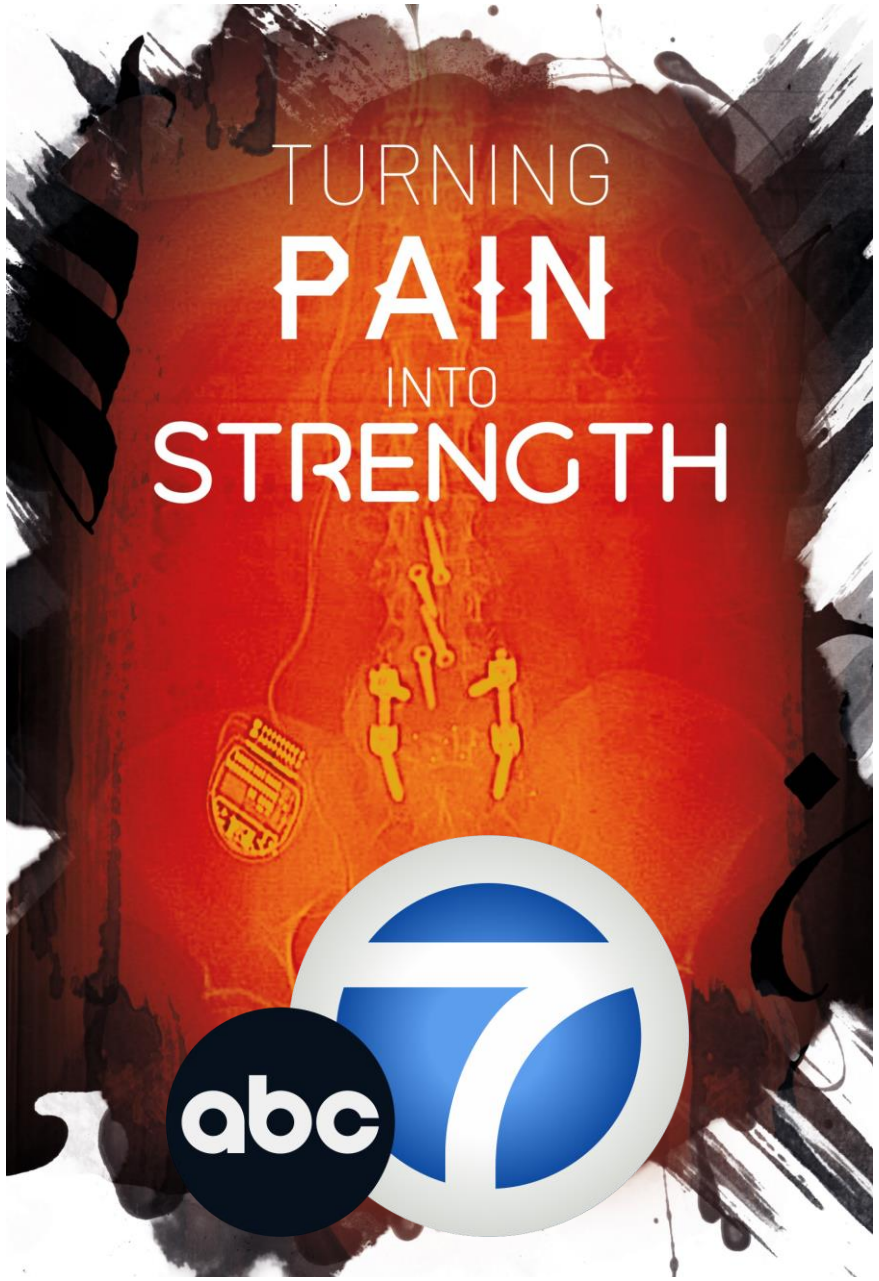


Caregiver **Burnout** & Compassion **Fatigue**



Thank You

For this Opportunity

My life changed forever when I fell on a step in my basement in 2006. What came next was the unimaginable …

I'm Michelle Eberwein!

- ✓ **Certified Holistic Health Coach**
- ✓ **Certified Nutritionist**
- ✓ **Author of Turning Pain into Strength**





What will I be talking about today?

Throughout my journey of failed surgeries, medical addiction, expert-led overdose, and rehabilitation, **it was not only me who suffered**.

I neglected my kids and husband; my support circle. It took me too long to realize the damage caused to them and their experiences.

Let us shed light on what our caregivers go through. Without them,
I would not be here today …



Sense of Purpose

The newness of the situation may energize and motivate your caregiver, giving them a new sense of purpose and responsibility …

but for how long?



It can quickly become exhausting!

As time moves on, it can become exhausting for your caregiver to continue doing all the things you were **once able to do**.

Do not fail to acknowledge the sacrifices they are making ...

IRRITABLE?

ANGRY?

Noticing changes in their behavior?

SAD?

ANXIOUS?

DISTANT?

It could be for a number of reasons …

- Did they volunteer to be your caregiver or was it imposed on them unexpectedly?
- Have they taken on all the household chores, shopping, childcare, and other tasks you are no longer able to do?
- Is it affecting their ability to work, go to the gym, and do things that made themselves feel healthy and well?

Don’t be too hard on them.

I know it’s difficult, but it’s only natural for them to feel:

- **Uncertain/Fearful:** Like you, they do not know how long you will be unwell for. Not everyone knows they have an incurable autoimmune disease right from the outset.
- **Powerless:** If your caregiver is a loved one, they may be frustrated due to feeling helpless, wishing they could do more for you.
- **Stressed:** Feelings of fear and powerlessness will naturally lead to stress, especially if it is affecting their ability to work and lead a normal life.



Not everyone finds it easy to ask for help!

If you can see that your caregiver is struggling, don't ignore the signs!

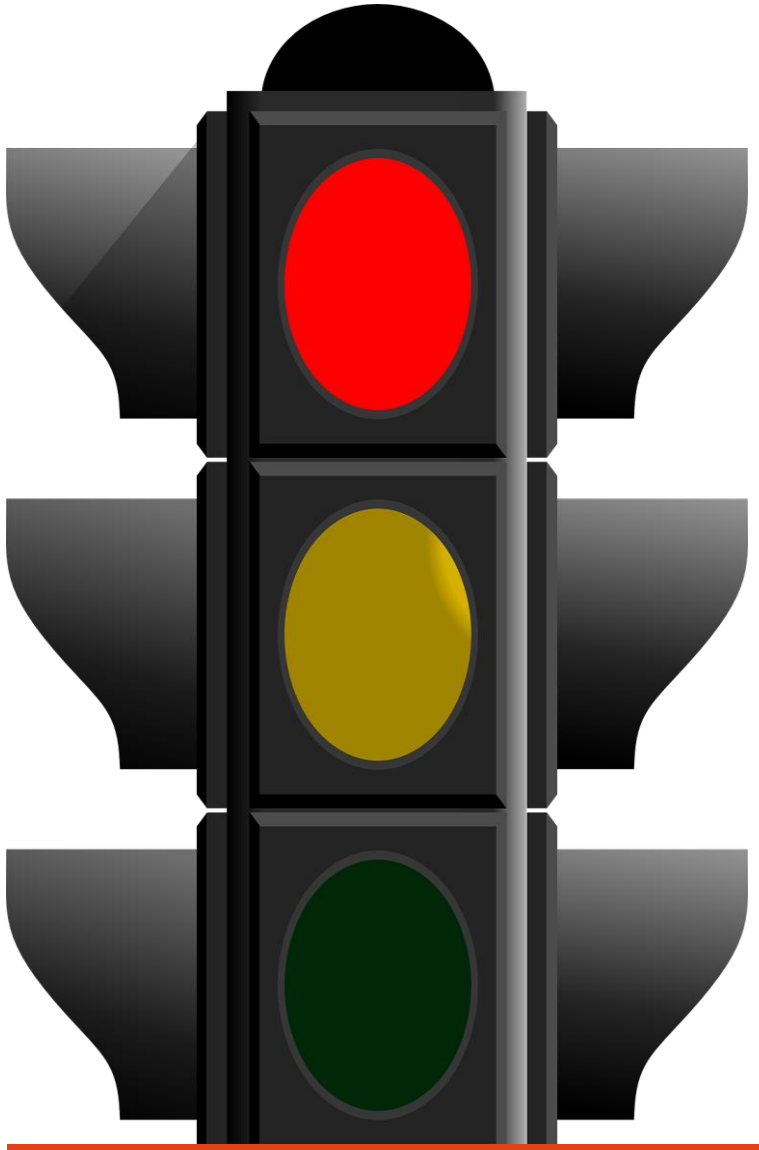
CAREGIVER FATIGUE IS REAL!

Be a team. Make an effort to find solutions together that will help them help you!

What can you do to support your caregiver?

You can't take care of yourself, so how can you take care of them?

- **Appreciation:** Let them know that they are making a positive difference to you
- **Affection:** The odd kiss and hug can make them feel they are still valued
- **Encouragement:** Encourage your caregiver to do something they love
- **Communication:** Stop hinting and hoping! Communicate clearly and concisely!
- **Hire Support:** Hire a professional caregiver 1-2 times a month ($40)
- **Kindness:** Always share a kind word to make their life easier and more pleasant
- **Don't Give Up:** They are supporting you, so don't give up on yourself! Keep fighting!



Do your best!

RED DAY: These are the hardest for you and your caregiver! We can barely find the energy to say please and thank you, but we still expect the most from them.

YELLOW DAY: These are the days we can make a little more effort to show appreciation and kindness. Let them know they are making a difference. Thank them!

GREEN DAY: Having a good day? Don't mope about. Do what you can to help yourself and give them a little time off! If they are not well and healthy, you too will suffer in the long run. Give them the strength to keep going!



HELP YOURSELF

As a certified holistic health coach and nutritionist, it would be wrong of me not to offer ways that you can help yourself!

The best thing I did was sign up for rehab.

It was there I learned how to

TURN PAIN INTO STRENGTH



How to practice self-care:

Here are just a few things I learned that help me with pain management and relief:

- ✓ **Nutrition:** In a nutshell, cut out sugar and processed foods. Tailor your diet plan to include anti-inflammatory and other healthy foods that boost your immune system.

- ✓ **Breathwork:** Allocate time each morning to practice deep breathing techniques and mindfulness. Prepare your mindset for a positive day ahead.



- ✓ **Movement:** While some days do not allow for physical movement, just try! Research topics such as the Feldenkrais Method, basic yoga routines, and stretches.

- ✓ **Consistency:** Don’t give up on yourself just because you don’t have the energy to function. Remind yourself that it is just a bad day, and that tomorrow will be better. Keep trying; keep believing; never stop fighting!

- ✓ **Chakra Healing:** Learn about the benefits of grounding and chakra energy healing.

- ✓ **Biofeedback Therapy:** I was doubtful at first, but this made a huge difference to my physical strength and ability.



- ✓ **Stress Reduction:** A weekly or monthly massage can help your muscles to relax, reducing inflammation and increasing blood circulation and flexibility.

- ✓ **Essential Oils:** I use a variety of blends to assist me in different scenarios. For example, chamomile, peppermint and lavender helps to reduce tension and promote muscle relaxation.

The bottom line is that you can always find ways to improve your condition if you are willing to put the effort into building knowledge and awareness.



ABC7 I-Team Investigation:

Hidden Agony with Michelle Eberwein

When the surgeon leaves something inside you ...

While I now live with Fibromyalgia, Rheumatoid Arthritis, and a surgical sponge lodged between my organs, I have found ways to manage my pain through healthy living and pure dedication to the plan.

I have been told my future will be spent in a wheelchair, but I will never stop fighting. After returning from rock bottom, I have no plans to go back.

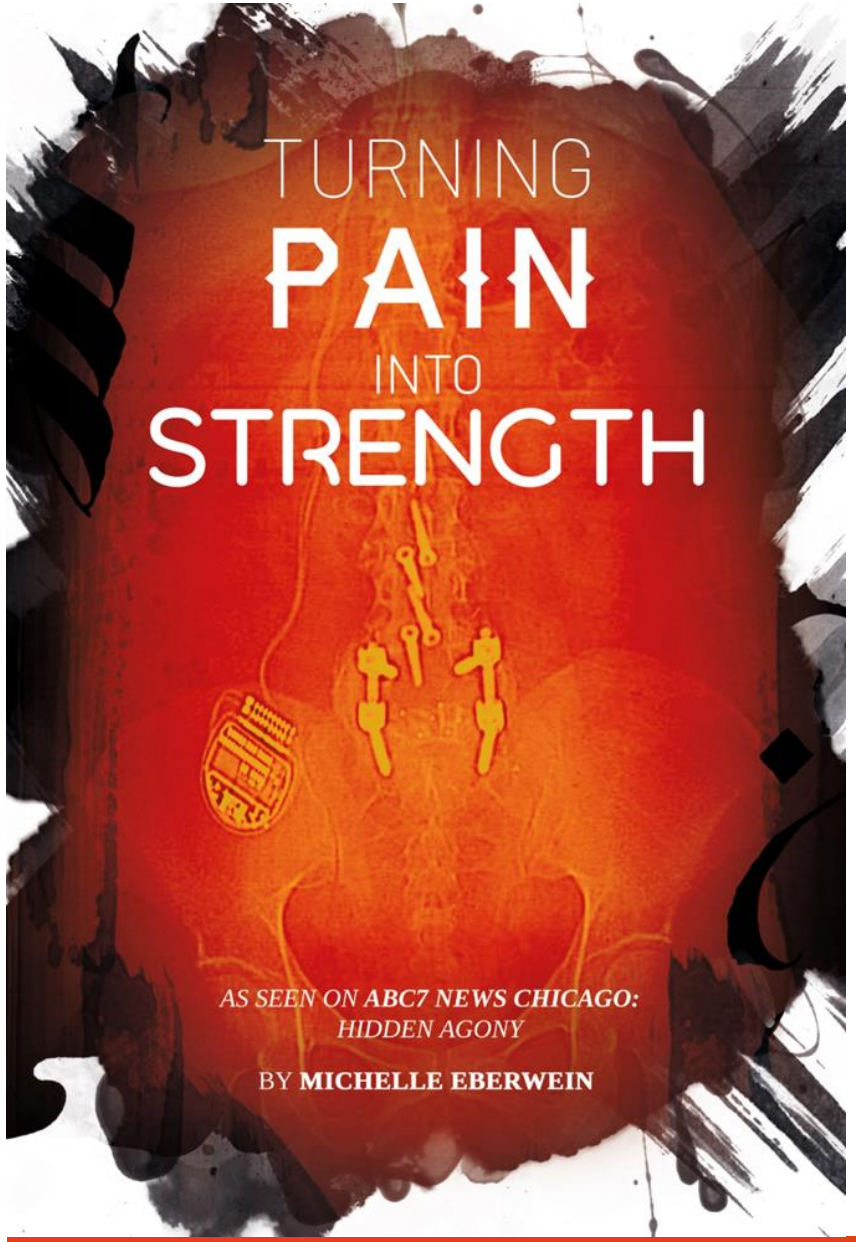


Raising Awareness:
One Bracelet at a Time

When I could not dress, walk, or function normally, I could still use my hands.

I started making awareness bracelets and now accept personalized orders from all over the world.


Etsy
HopeinBracelets
Fibromyalgia
Awareness
TurningPainintoStrength.com



Thank You,

Support Fibromyalgia Network
&
My Several Worlds
for bringing this event to my attention.

My book is available on Amazon in Paperback and eBook versions at a reduced price. I'd be grateful for your feedback!

$7 eBook

$10 Paperback

TurningPainintoStrength.com