

Cultivating Professional Resilience: Lessons learned from the Caregiving Experience

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Resilience- What is it?



- A **LEARNED** Ability to Adapt to difficulty, trauma, or tragedy
- Struggles and Setbacks

The person who feels no emotional distress when difficulty arises is not displaying resilience.

The person who fails miserably, feels intense negative emotions, and survives to try another day is displaying resilience.

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How Resilient are YOU?



On a scale of 1-10 with 10 being the most:

- 1. I have plenty of support from other people in my life
- 2. I am able to accept myself for who I really am
- 3. I am confident in my ability to cope with adversity
- 4. I am good and communicating and interacting with others at the time of stress
- 5. I am good at facing challenging problems in life and solving them systematically
- 6. I can cope well with my emotions in the face of adversity

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Where do you need to build resilience?



- Resilience: The Science of Mastering Life's Greatest Challenges
– 10 ways to become tough when life gets hard!

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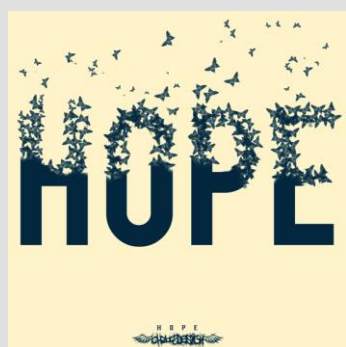


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Resilience Builder #1 Foster Optimism



- Don't be in denial: See the world clearly but believe in your abilities



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Hope and Optimism in the Midst of Death?



*“To help a person find hope- you need to know them in real depth- **Within the past are clues to the puzzle**”*

“Anatomy of Hope”

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Resilience Builder #2 Face your Fears



- When you face your fears they become less frightening.
- What are you afraid of?



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The Story of Hospice Nurses Mary and Betsy



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Resilience Builder #3 Have a Moral Compass



An internal set of values that guide a person in regard to ethical behavior and decision making

The screenshot shows a Huffington Post article titled "No One Gives A Rat's Ass About Family Caregivers" by Ann Benson. The article discusses the challenges of being a family caregiver for someone with a terminal illness. A key quote from the article is: "Earlier this summer, I joined the ranks of the nation's 34 million family caregivers. I became the primary caregiver to my husband. A role I was neither expecting, because the artificial composure to my husband's illness was neither expecting, because his illness was not an especially good fit. And just this week I learned that my husband has not an especially good fit. And just this week I learned that my caregiving responsibilities may escalate as we determine whether it makes sense for him to receive dialysis at home for what will likely be the rest of his life. For that to happen, I — known as his 'care partner' — in all the literature — will need to be trained in yet one more thing that nurses go to school for years to learn. I will have..."

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The Greatest Gift



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Resilience Builder #4 Practice Spirituality



- Not about religion- may be- but not necessarily. Its about being a part of something bigger than yourself. A higher power.



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Resilience Builder # 5 Social Support



- It takes a village



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Resilience Builder #6 Resilient Role Models



- Learning from the acts of others



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Resilience Builder #7 Maintain Physical Fitness



- The stress of exercise helps us adapt to the stress we will feel when life challenges us



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Resilience Builder #8 Keep Your Brain Strong



- Learn to learn- adapt to new information about the world

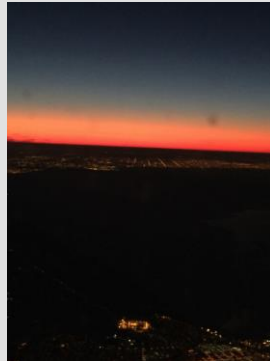


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Resilience Builder #9 Be Cognitively Flexible



- *Be flexible in the way we think about challenges and how we react emotionally to stress.*



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Resilience Builder # 10 Have a mission



- **Have a mission and purpose in life that gives meaning to the things they do.**
- *“To begin depriving death of its greatest advantage over us, let us adopt a way clean and contrary to that common one; let us deprive death of its strangeness, let us frequent it, let us get used to it... We do not know where death awaits us; so let us wait for it everywhere”*

Michel de Montaigne 1533-1592



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Questions/Comments?



"All my decisions are well thought out."

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10 Ways To Build Resilience



- #1 Foster Optimism**
- #2 Face your Fears**
- #3 Have a Moral Compass**
- #4 Practice Spirituality**
- #5 Social Support**
- #6 Resilient Role Models**
- #7 Maintain Physical Fitness**
- #8 Keep Your Brain Strong**
- #9 Be Cognitively Flexible**
- #10 Have a mission**

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Old Man's Tale



Mind My Inn- to do so you need to constantly be building the resilience of yourself and those you lead.

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An Old Mans Tale



- You have been called for this- so mind my Inn
- It will not be like it is on the beaten path
- Put your tools and machines away, just bring yourselves
- There are some bodies that can not and will not be fixed
- There are some hearts and tears that cannot be mended
- There are some fears that cannot be quieted
- But you can provide a place for rest and care
- You can provide a place to laugh and cry, remember and to anticipate
- You can provide a place to drink form the cup of LIFE one more time

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