

# Caregiver Resiliency and Satir's Iceberg Metaphor

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Breathe

STRESS

Pressure

Depression

Work

Headache

Pain

Anxiety

Worry

Sadness

Migraine

Tired

Emotion

Frustration

Mental health

Suffering

# Stress and Burnout

- Approximately 40% of hospital nurses have burnout levels that are higher than the norm of health care workers (Alexander, 2009).
- Many studies have indicated that the prevalence of burnout is higher among nurses who work in stressful settings, such as oncology, mental health, emergency and critical care (Alexander, 2009).
- **BURNOUT:** Refers to the physical and emotional exhaustion that workers can experience when they have low job satisfaction and feel powerless and overwhelmed at work



# Caregiver Fatigue

- Characterized by profound emotional and physical exhaustion that helping professionals and caregivers can develop over time
- Our empathy, our hope and our compassion can be affected  
*Francoise Mathieu (2012)*

# Caregiver Fatigue

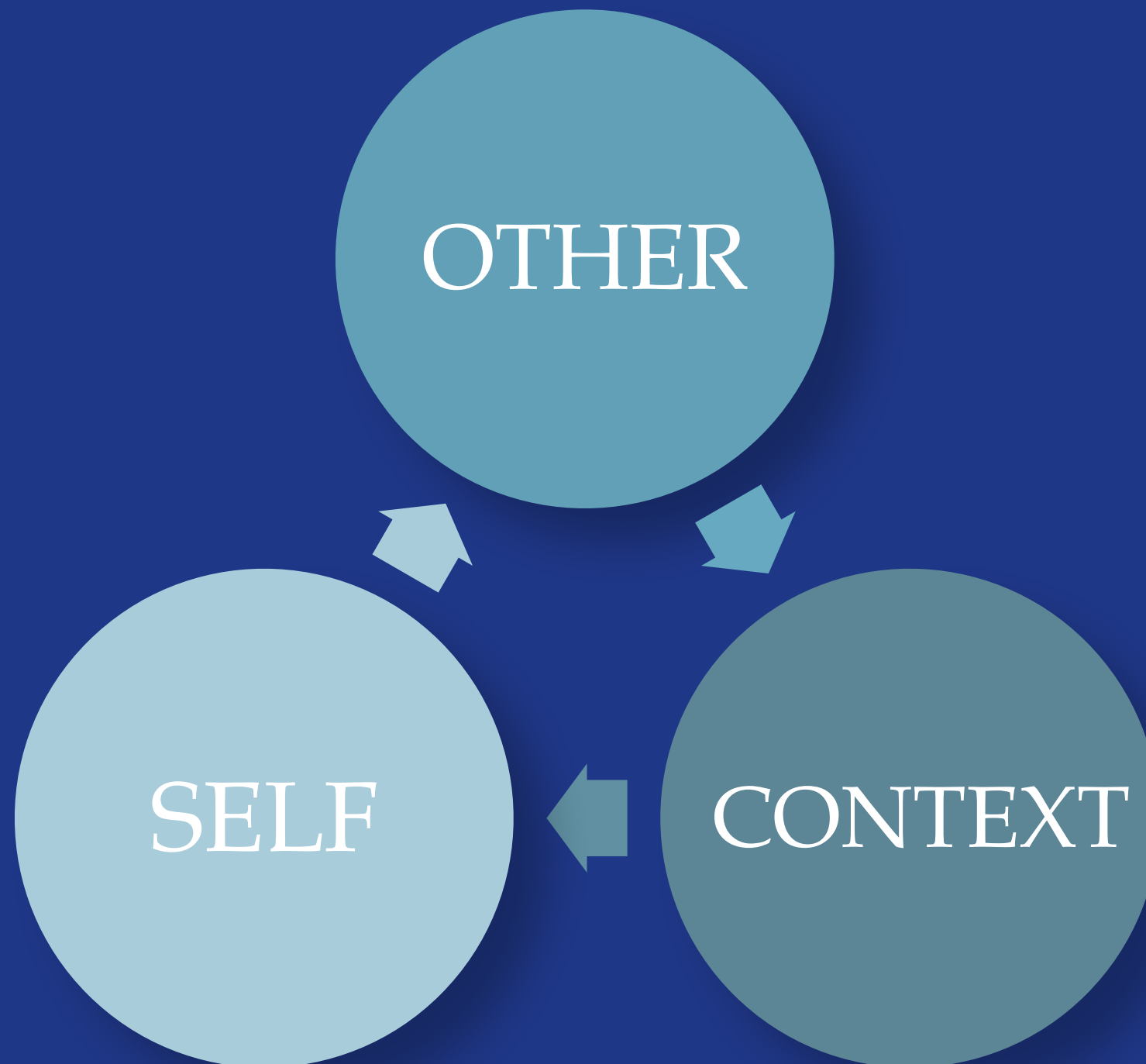
- ▣ Is not a weakness, it is an occupational hazard
- ▣ We don't develop CF because we did anything wrong
- ▣ We develop it because we care-
- ▣ We are wired for connection and resonate with others, we can become overloaded
- ▣ The level of CF can ebb and flow from one day to the next;
- ▣ Even if we use all the strategies of work/life balance and self care we can experience a higher level of CF if we are suddenly experiencing a heavy case load, working with a lot of trauma, or have more personal stress

# Contributing Factors

Can be summarized as:

- ▣ Nature of the Work
- ▣ Nature of the Patient and his/her family members
- ▣ Nature of the Helper

# Satir's picture of relationship





Problems are not the problem:  
*COPING* is the problem.

Virginia Satir

# Life Energy

- The experience of pure Life Energy is one of
- Joy
- Love, compassion
- Peace, Stillness
- Connectedness, Harmony
- Positively Directional; pushing toward Growth and Evolution

# Unpredictable World

- Physiological Response
- Emotional Response
- Make Meaning
- Decision
- “truth”
- Creates a ‘survival energy pattern’



- Behaviours
- Feelings
- Feelings about Feelings
- Perceptions  
of self, others, the world
- Expectations  
of self, of others, from others
- Yearnings  
love, acceptance, safety, connection, belonging, etc.
- Self  
core, spiritual essence, soul, life energy

An iceberg floating in a dark blue ocean under a blue sky with light clouds. The tip of the iceberg is above the water line, while the vast majority of the iceberg is submerged below the surface. The text labels are arranged vertically on the left side of the image, corresponding to different layers of the iceberg.

Behaviours

Coping - *deny, project, ignore, distort*

Feelings

Feelings about feelings

Perceptions

of self, of others, of the  
world

Expectations

of self, of others, from others

Yearnings

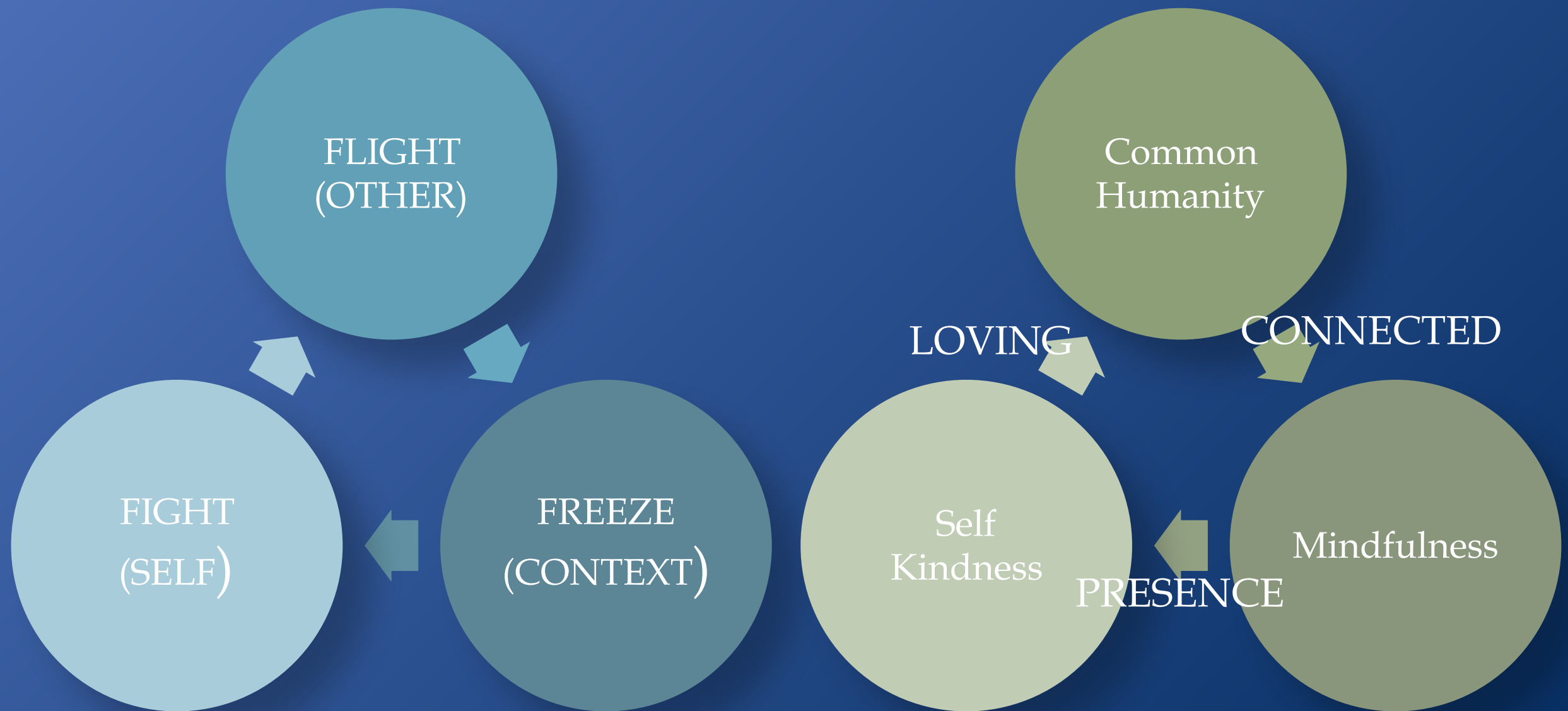
Self

# Your Iceberg

- DYADS- share how it was for you to go through your Iceberg just now.
- While listening- no fixing or advice giving
- 6 minutes (3 minutes for each person)



# Self Compassion: An Antidote to Stress



# ABC's of Caregiver Resiliency

- Awareness-
  - Mindful of own experience and Impacts- Iceberg
- Balance
  - Attunement to our own needs- self care, self compassion while giving care and compassion to others.
- Connection with Self and Others
  - Personal –Self, (own resources), Family, Friends, Colleagues
  - Professional: Use of Self in Caregiving



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