

Creating an Unhealthy Environment for Caregiver Burnout

Knowing how to create an unhealthy environment for caregiver burnout is invaluable. Why? Because treating caregiver burnout like a disease helps you to “starve it out” so to speak and not allow it to take root in your life.

So often we're told what to do differently when a change is needed. However for most people that translates into simply adding one more thing to do on to a seeming endless list of chores. Please consider instead this way to combine your anger and frustration and become "wickedly vengeful" towards the stress in your life while benefitting by creating a healthier environment for yourself. Intrigued?

This notion of creating an unhealthy environment came out of my personal story of learning how to live better with multiple sclerosis. You see, I discovered very early on that anytime I experienced stress, my symptoms became much more apparent. This became a very useful, albeit irritating, tool to learn how to create a more stress-free life.

As nice as that may sound, "to create a more stress-free life" I wanted to also create a situation whereby I could harness my despair, anger and helplessness. So instead of creating this very sweet sounding "stress-free" lifestyle I turned it around and reworded it - my mission became to create "an unhealthy environment for stress"!

Is it easy? No. Does it work? Yes. It worked then and it still does now. It is applicable in all circumstances and helpful to everyone.

So, how to do it in 5 simple (yet frustratingly onerous) steps:

Step 1

Identify what is stressing you out.

Step 2

Do less of what stresses you out.

Step 3

Identify what gives you pleasure.

Step 4

Do more of what gives you pleasure.

Step 5

Stop defending yourself to yourself and others and realize that you are the only one responsible for your own behaviour, thoughts, and feelings too.

You might be reading this and simply fuming. You might be reading this and believing that this psychotherapist just doesn't get it. You might be reading this and ...

I want you to know that you are the expert on your life and I believe you when you let me know that caregiving is all-consuming and never-ending. I want you to know that what you are doing matters so much and that caregiver burnout can happen at a rapid rate.

In order to do more than simply survive, you will benefit enormously if you begin even slightly to buy into and follow the five steps listed above. The more you follow these steps, the more you benefit and every a little bit helps!

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