

# Burnout in Homecare:

“Lessons Learned”  
A personal experience.



- Where had all the energy gone?
- What was wrong with me?
- What did I really want now?
- How was I going to get my energy & 'self' back?
- Multi-tasking, professional working mum was slowly disappearing
- Felt there was nothing left for me or my family.



# The Turning Point:

- Recognizing the problem as “BURNOUT”
- Forced to STOP
- Nothing left for me, so how could I give to others?
- Time for...Time out
- Exploration of complimentary therapies



# Change is as good as a rest:

- Taking a break from 'Cancer Nursing'
- New role, new team, shared responsibilities, different environment
- Just what I needed (at that time)



# Happy to be back:

- 'Where I belong'
- New set of ground rules for myself
- Seeing my limitations as something positive rather than a weakness
- Use my 'Burnout' to motivate rather than affect me
- Remember to touch base



# The Value Of Teamwork:

- Caring for each other
- Being clear about what I can offer
- Watch out for the signs & symptoms creeping up again
- Self discipline
- 'Time off', means time off!
- Speak up!
- SENSE OF HUMOUR!!



# 'Burnout' a very big life lesson: -brought about;

- Self awareness
- Personal growth
- Professional contentment
- Realization that burnout not only affected me but those around me too



# Homecare Nursing Together.



“In this life we cannot do ‘great’ things, we can do small things with ‘great’ love”.

Mother Theresa of Calcutta.



Thank you.

