



WHEN CAREGIVER BURNOUT HITS:

*You don't have to stay there. These simple,
realistic strategies can help you bounce back.*

BY JENNIFER ~ AUTISM MOM



✨ About Me & This Guide

Hi, I'm Jenn — a mom, caregiver, and advocate who knows firsthand the exhaustion, love, and resilience it takes to raise a child with high support needs. I created this guide because burnout is something we don't talk about enough, yet it's something most caregivers face.

My goal is to give you a few simple, realistic tools you can grab in the hardest moments — no fluff, no long explanations, just support you can actually use right away.

You're not alone in this journey. This guide is one small way I hope to remind you that your wellbeing matters, too.



1. PAUSE AND BREATHE

- Step away if it's safe.
- Close your eyes, breathe in deeply, hold, exhale slowly.
- Even one minute of slowing down helps reset your nervous system.

2. SHRINK THE TO-DO LIST

- Ask: What absolutely must get done today? Write it down if it helps.
- Circle just one or two essentials.
- Let the rest wait—survival mode means simplifying

3. QUICK RESET TOOLS

- Hydrate – a sip of water often eases tension. (I keep my bottle near the end of the counter)
- Move – stretch, shake out arms, walk to the mailbox.
- Sound – calming music, white noise, or even sitting in quiet.

4. CALL IN “GOOD ENOUGH”

- Meals can be simple (sandwiches, cereal, takeout).
- House doesn't have to be spotless—safe is enough.
- It's okay to lower the bar when you're running on fumes.



5. MICRO-BREAKS MATTER

- 5 minutes with coffee on the porch.
- Scrolling something funny.
- A short text exchange with a trusted friend.
- Small pauses refill your tank more than you think.

6. ASK FOR ONE THING

- If someone offers help, pick one small task:
- “Can you pick up milk?”
- “Could you sit with him for 30 minutes so I shower?”
- People often want to help but need direction.

7. END-OF-DAY ANCHOR

- Pick one soothing ritual before bed: warm tea, journaling, TV show, prayer/meditation.
- Signals your body and mind to slow down, even if sleep is short.



8. DON'T FORGET TO EAT

Often we get so busy caring for our loved ones that we forget to eat (at least I know I do). These are some of my go-to quick snack options that help throughout the day.

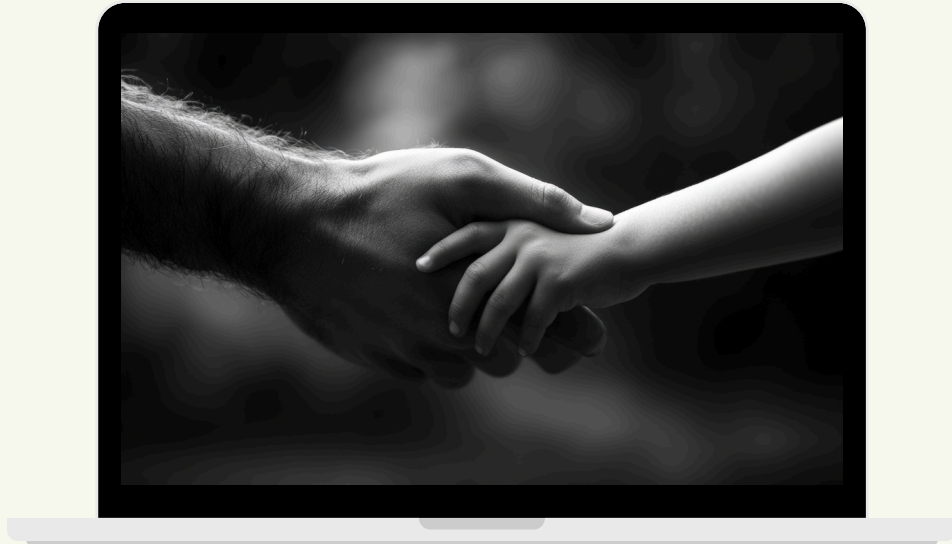
- Saltine or graham crackers
- Pistachios (or other nuts)
- String or cubed cheese
- Watermelon, cantaloupe, or honeydew squares
- Grapes (easy grab-and-go)
- Yogurt cup or pouch
- Granola bar or protein bar

✨ *You matter too.*
Nourishing yourself,
even in small ways,
helps you keep going.



AFFIRMATION:

Even in my exhaustion, I am enough.



Need More Support?

Sometimes a short guide isn't enough. If you're looking for personalized strategies, encouragement, and step-by-step support, I'd love to walk alongside you.



[MORE INFO HERE](#)

You don't have to figure this all out alone — let's build a plan that supports both you and your child.

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