



ARE YOU EXPERIENCING
BURNOUT?

HOW DO YOU DETERMINE
BURNOUT?

WHAT CAN YOU DO?

FREE Senior Living Guide



Amanda



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www.helpformyparents.com

Using **HELP FOR MY PARENTS** to search for long term care is vital to success! Our experience makes the difference. Not only has Amanda had loved ones that needed care, but she also has 20 years experience in senior living operations. She shares her insights so you can make the **RIGHT** choice the first time.

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CAREGIVER BURNOUT

HOW ARE YOU DOING?

SIGNS OF BURNOUT:

Physical exhaustion: Feeling tired all the time, experiencing frequent headaches, or having trouble sleeping.

Emotional exhaustion: Feeling overwhelmed, irritable, or hopeless. Caregivers may also experience mood swings or bouts of crying.

Depersonalization: Developing a cynical or detached attitude toward the care recipient or the caregiving situation.

Decreased sense of accomplishment: Feeling like nothing you do makes a difference or feeling a lack of satisfaction from your caregiving role.

Withdrawal from activities: Losing interest in hobbies, socializing, or other activities you used to enjoy.

Neglecting your own needs: Putting the needs of the care recipient above your own, neglecting your own health or skipping doctor appointments.

Increased susceptibility to illness: Due to chronic stress, caregivers may experience weakened immune systems, making them more prone to illness.

***SEE BACK FOR YOUR LEVEL OF BURNOUT**

HOW TO HELP:

Seek support: Reach out to friends, family, or support groups for emotional support and practical help.

Set boundaries: Know your limits and don't be afraid to say no when you need to.

Take breaks: Make time for yourself, even if it's just a short break each day to relax and recharge.

Get help: Don't hesitate to ask for help from other family members, friends, professional caregivers, or long term care.

Take care of your health: Eat well, exercise regularly, get enough sleep, and see your doctor regularly.

Find balance: Try to balance your caregiving responsibilities with other aspects of your life, including work, hobbies, and relationships.

DETERMINE YOUR LEVEL OF BURNOUT

Here's a detailed checklist of signs and symptoms of caregiver burnout. It can help someone self-assess if they might be experiencing burnout, and also serve as a tool for professionals or family members to recognize it in others.

EMOTIONAL SIGNS

- Feeling constantly overwhelmed or hopeless
- Irritability, frustration, or frequent mood swings
- Feeling detached or numb toward the person receiving care
- Heightened anxiety or worry that never seems to lift
- Loss of interest in activities that used to bring joy
- Feeling unappreciated or resentful toward family members or the care situation
- Crying easily or feeling on the verge of tears often

COGNITIVE SIGNS

- Trouble concentrating or focusing
- Memory lapses (forgetting appointments, misplacing items)
- Difficulty making decisions, even small ones
- Negative thought patterns ("I'm not doing enough," "I can't go on")

BEHAVIORAL SIGNS

- Withdrawing from friends, family, or social activities
- Neglecting personal health appointments or self-care
- Increased use of alcohol, caffeine, nicotine, or medications for "relief"
- Neglecting household responsibilities
- Over-reliance on screens, scrolling, or TV as escape

PHYSICAL SIGNS

- Constant fatigue, even after resting
- Trouble falling asleep, staying asleep, or sleeping too much
- Frequent headaches, muscle tension, or back pain
- Stomach issues (nausea, constipation, diarrhea)
- Lowered immune function (catching colds often)
- Changes in weight or appetite (overeating or skipping meals)

RELATIONAL SIGNS

- Feeling isolated, like "no one understands"
- Difficulty accepting help when offered
- Strained relationships with spouse, siblings, or children
- Conflict with other family members about caregiving responsibilities
- Feeling guilt if not caregiving 24/7

RED FLAGS

* IF ANY RED FLAGS ARE CHECKED, PLEASE SEEK PROFESSIONAL HELP

- Thinking about running away or escaping caregiving responsibilities
- Experiencing frequent anger toward the person being cared for
- Feeling emotionally numb, detached, or resentful
- Severe depression or loss of meaning in life
- Thoughts of self-harm or harming the person in your care

TIP: IF SEVERAL BOXES ARE CHECKED ACROSS MULTIPLE CATEGORIES, IT'S A STRONG SIGN OF CAREGIVER BURNOUT. THE NEXT STEP SHOULD BE SEEKING SUPPORT—WHETHER THROUGH LONG TERM CARE, CAREGIVER SUPPORT GROUPS, COUNSELING, OR TALKING WITH A HEALTHCARE PROVIDER.