COPING WITH CAREGIVER BURNOUT

The caregiving journey may be lonely and stressful, which can lead to **burnout**.

Symptoms of caregiver burnout



Loss of interest in activities and withdrawal from loved ones



Feeling sad, hopeless and irritable



Changes in appetite, weight, or sleep patterns

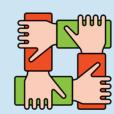


Feeling emotionally and physically exhausted and falling ill more often



Wanting to hurt oneself or the person being cared for

WHAT TO DO? Accept your feelings and understand your limits. You can take the following steps to overcome burnout.



Be part of a community and join caregiver support groups.





Talk about your feelings with someone you trust. See a professional if needed.

Take care of yourself and set realistic goals. Use caregiver support services.

Scan for more information and resources









We See You Care



Inclusive society. Enabled lives.