

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



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