

Signs Of Caregiver Stress &/Or Burnout

Anxiety,
Depression,
Irritability

Feeling Tired
& Run Down

Difficulty
Sleeping

Overreacting
To Minor
Things

Neglecting
Responsibilities

Trouble
Concentrating

New Or
Worsening
Health Problems

Feeling
Increasingly
Resentful

Drinking, Eating
Or Smoking
More