

Caring for the Caregiver: A Wellness & Burnout Checklist

A self-assessment tool to recognize symptoms of stress and provide actionable steps to maintain health.

Assessing Your Burnout Risk



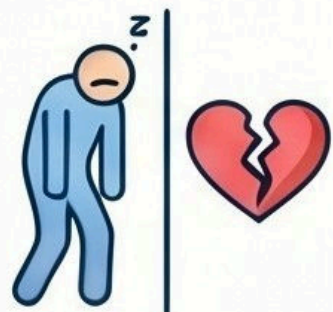
What is Caregiver Burnout?

The physical, emotional, and mental exhaustion resulting from the overwhelming demands of supporting another's daily needs.



Recognizing Red Flags

Watch for exhaustion, skipping your own needs, and feeling guilty about taking necessary breaks.



Physical and Emotional Toll

Frequent illness, impatience, and social isolation are common indicators of caregiver fatigue.

Signs of Burnout/Fatigue Checklist

	Never	Sometimes	Frequently	Always
Difficulty falling/staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Changes in eating habits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent illness (colds/headaches)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Impatience/agitation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Guilt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stopping enjoyable activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social isolation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sadness/depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety/worry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Loss of interest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Strategies for Support



Build a Support Network

Ask for help early and share responsibilities with family members or professional services.



Prioritize Respite

Take regular breaks and research local respite and support services to prevent exhaustion.