



Caring For Yourself While Caring For Others

You probably know all the details about the health of the person for whom you're caring. You're on top of what medications must be taken and when, and you can even spot minor changes in her mood and attitude. Are you as aware of what's going on with you? Probably not. When you're caring for a loved one, it's easy to forget about your own needs, putting you at serious risk of burnout.

14 Warning Signs of Caregiver Burnout

- Lack of energy
- Overwhelming fatigue
- Sleep problems (too much or too little)
- Changes in eating habits; weight loss or gain
- A feeling of hopelessness
- Withdrawing from, or losing interest in, activities you once enjoyed
- Neglecting your own physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Depression or mood swings
- Difficulty coping with everyday things
- Headaches, stomachaches, and other physical problems

Resources:

Self-assessment care giver burnout quiz:

<https://www.caring.com/articles/caregiver-burnout-quiz>

How to manage caregiver stress

<http://www.aarp.org/relationships/caregiving/info-06-2010/crc-10-caregiver-stress-managment-tips.html>

How to prevent caregiver burnout

<https://my.clevelandclinic.org/health/articles/caregiving-recognizing-burnout>

“He gives strength to the weary and increases the power of the weak... but those who hope in the Lord will renew their strength.” – Isaiah 40:29,31 (NIV)

