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Signs and Symptoms of Caregiver Burnout

If you find yourself identifying with a lot of these feelings, please bring this sheet and reach out to your local PCP or local mental health provider.

Physical

- No energy, “run down” feeling
- Changes in your body weight
- Chronic or acute pain and fatigue
- Sleep cycle disturbances
- Nausea (with or without vomiting)
- Changes in bowel movements (diarrhea or constipation)
- Frequent cold-like illnesses or congestion

Emotional

- Mood swings and/or stronger-than-usual emotions (anger, crying)
- Emotional numbness
- Lack of focus/concentration
- Constant state of feeling overwhelmed or worried
- Frequent emotions of guilt and/or resentment

Behavioral

- Neglecting your own basic health needs (appointments, screenings, filling medications, hygiene)
- Not enjoying the things that you used to
- Avoiding your friends and family
- Detachment from loved ones
- Increased use of alcohol, drugs, and/or prescription medications

If you feel an immediate threat to yourself or others, please call 911 for immediate assistance. If you are having suicidal thoughts, please call the [National Suicide Prevention Lifeline](http://www.suicideline.com) at 1-800-273-8255.