



*If you have significant responsibilities for an aging adult, you know how challenging it can be to manage your many roles, such as caregiver, advocate, parent, employee, manager, problem solver, or others. It is not unusual for caregivers to experience a high level of stress as a result. The*

*following questions highlight just some of the signs that may indicate that you are approaching burnout and need to make some changes. This participant handout is covered in seminars on elder caregiving.*

- Are you no longer eating or sleeping properly, or neglecting yourself in other ways?
- Have you experienced physical symptoms such as headaches, back pain, agitation, gastric distress, or other complaints?
- Are you feeling exhausted and overwhelmed most of the time?
- Are you neglecting other important personal or professional responsibilities?
- Have you had difficulties in your relationships with close family members?
- Are you using negative coping strategies such as excessive alcohol use, overeating, or exploding at others?
- Are you unable to connect with friends or have a social life?
- Have you become more forgetful or accident-prone?
- Are you unable to concentrate on your work or meet deadlines?