

## **Symptoms of Caregiver Burnout**

1. Disrupted sleep patterns.
2. Altered eating patterns.
3. Increased sugar consumption or use of alcohol or drugs.
4. Increased smoking or strong desire to start again.
5. Frequent headaches or sudden onset of back pain.
6. Increased reliance on over-the-counter pain remedies or prescribed drugs.
7. Irritability.
8. High levels of fear or anxiety.
9. Impatience.
10. The inability to handle one or more problems or crises.
11. Overreacting to commonplace accidents.
12. Overreacting to criticism.
13. Overreacting with anger toward a spouse, child or older care recipient.
14. Alienation.
15. Feeling emotional withdrawal.
16. Feeling trapped.
17. Thinking of disappearing or running away.
18. Not being able to laugh or feel joy.
19. Withdrawing from activities and the lives of others.
20. Feeling hopeless most of the time.
21. Loss of compassion.
22. Resenting the care recipient and/or the situation.
23. Neglecting or mistreating the care recipient.
24. Frequently feeling totally alone even though friends and family are present.
25. Wishing simply "to have the whole thing over with."
26. Playing the "if only" games; saying over and over "If only this would happen: or "If only this hadn't happened."