My Aide In Life

Burnout: The Caregiver's Checklist

Being a caregiver means showing up for someone else-a parent, spouse, friend, or neighbor-often while pushing your own needs to the back burner. But if you don't take care of yourself, who will? And then, who will step in, if you are ill?

Caregiving is noble. But it's not sustainable if you're running on empty. Use this checklist to spot caregiver burnout and take action before it impacts your health, relationships, or even the care you provide.



Am I Burned Out? Common Signs

Emotional and physical exhaustion

You feel drained no matter how much you rest—your energy just isn't bouncing back. No breaks: "I'm always on call."

Withdrawal from friends, family, and other loved ones

You're avoiding social connections or isolating yourself without realizing it. Guilt: "I shouldn't need time for myself."

Loss of interest in activities previously enjoyed

Hobbies, outings, or even simple pleasures no longer bring joy or motivation. Unrealistic expectations: "I thought I could handle it all."

Feeling hopeless or helpless

You're overwhelmed by responsibilities and unsure how to make things better. Isolation: "No one else understands what I'm going through."

Changes in appetite and/or weight

You're eating more or less than usual without trying to—your body is responding to stress. Not recognizing burnout as it's happening.

Changes in sleep patterns

Trouble falling asleep, waking up often, or sleeping too much as a way to escape.

Unable to concentrate

Everyday decisions or simple tasks feel harder than they used to.

Anxiety: "If I mess up, they could get hurt."

Getting sick more often

Your immune system is under strain—stress is taking a toll on your health.

Negativity: "I used to love this, but now I dread it."

Irritability, frustration or anger toward others

You find yourself snapping or feeling resentment, even when you don't want to.

Blurred roles: "I'm their child, not a nurse."

Financial pressure or lack of support.

If you checked several, you're not alone. Burnout is common—and manageable with the right support.

How to Recover and Prevent Burnout

Talk to someone

A friend, doctor, counselor, or support group can help lighten the load.

Take time for yourself

Rest. Move your body. Eat nourishing food. You matter, too.

Set limits

Say no when needed. Accept help when it's offered.

Use respite care

Even a few hours away can help you reset and return with strength.

Learn and plan

Understanding your loved one's condition helps you prepare—and cope.

Acknowledge your feelings

Even the hard ones. Especially the hard ones. You're human.



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