



CAREGIVER BURNOUT:

THE SIGNS YOU SHOULDN'T IGNORE

You give so much of yourself every day.
Recognizing burnout is not a weakness—it's a step
toward caring for yourself so you can keep showing up.



COMMON SIGNS OF CAREGIVER BURNOUT



EMOTIONAL

- ♥ Feeling overwhelmed
- ♥ Irritable or easily frustrated
- ♥ Sadness, anxiety, or hopelessness



PHYSICAL

- ♥ Constant fatigue
- ♥ Headaches or body aches
- ♥ Changes in sleep or appetite



MENTAL

- ♥ Trouble focusing or remembering
- ♥ Feeling stuck or unmotivated
- ♥ Negative self-talk or guilt



BEHAVIORAL

- ♥ Withdrawing from others
- ♥ Losing interest in activities
- ♥ Short temper or impatience



SPIRITUAL

- ♥ Feeling disconnected
- ♥ Lack of purpose or meaning
- ♥ Questioning your ability to keep going

WHY CAREGIVER BURNOUT HAPPENS

- ♥ High levels of responsibility
- ♥ Lack of time for self-care
- ♥ Emotional and physical exhaustion
- ♥ Trying to do it all
- ♥ Feeling unsupported or alone
- ♥ Perfectionism and guilt



IMPORTANT TO REMEMBER

- ♥ It's okay to need help.
- ♥ You are not alone.
- ♥ Taking care of yourself is taking care of them.
- ♥ You are doing the best you can.

*Self-care
is not selfish.
It's essential.*



SELF-CARE IDEAS THAT MAKE A DIFFERENCE



Take breaks
without guilt



Do something
you enjoy



Get enough
rest



Practice deep
breathing or
mindfulness



Stay connected
with supportive
people



Even small moments of self-care can
help you recharge and reset.



QUICK CHECK-IN

How are you doing today?

- ☐ I feel overwhelmed more than usual.
- ☐ I am tired all the time.
- ☐ I feel irritated or impatient.
- ☐ I am neglecting my own needs.
- ☐ I feel alone or unsupported.
- ☐ I have little joy in my day.

*If you checked
2 or more,
it may be time
to take extra
care of you.*



Reaching out for support is a sign of strength, not weakness.
You don't have to do this alone.



BUILD YOUR SUPPORT TEAM



Family & friends



Support groups



Therapists or counselors



Respite care & community
resources



DAILY AFFIRMATIONS

- ♥ I am doing an amazing job.
- ♥ It's okay to rest.
- ♥ I deserve care and compassion too.
- ♥ I am strong, even on the hard days.
- ♥ I can only do my best, and my best is enough.



YOU NEED HELP WHEN...

- ♥ Burnout is affecting your health or relationships
- ♥ You feel hopeless or overwhelmed most of the time
- ♥ You are unable to care for yourself or your loved one
- ♥ You have thoughts of harming yourself



For more tips, resources, and support for parents and caregivers, visit:

♥ lifeafterabaclassroom.com ♥

SUPPORT. UNDERSTAND. EMPOWER.

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