



Top 10 signs of caregiver burnout

Here is a list of signs that you may be suffering from caregiver burnout

1. You have started to feel irritable, frustrated, or angry over small things.
2. You have started to get impatient.
3. You have started to shout at your loved one.
4. You have started to develop a neglectful attitude towards the more difficult aspects of your loved ones care.
5. You are showing signs of depression, anxiety and insomnia.
6. Your physical health is diminishing because you have stopped taking care of your health need; you are having weight loss or weight gain, increase blood pressure, spikes in blood sugar levels etc.
7. There has been an increase in conflicts within your own family.
8. Loss of interest in the things that once gave you joy.
9. You have started to feel unmotivated.
10. You have isolated yourself physically and emotionally from other people.