

## Caregiver's Need Care Too

*The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or you're in over your head. If the stress of caregiving is left unchecked, it can take a toll on your health, relationships, and state of mind – eventually leading to burnout. When you're burned out, it's tough to do anything, let alone look after someone else. That's why making time to rest, relax, and recharge isn't a luxury – it's a necessity.*



### Caregiver Burnout?

*Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude -- from positive and caring to negative and unconcerned. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able.*



*“Don't forget that you're human. It's alright to have a meltdown. Just don't unpack and live there. Cry it out and then refocus on where you are headed”*

*- Author Unknown*

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## Healing for our Caregiver's

*If you have been a caregiver for any length of time, you've probably asked yourself this question: Am I doing enough? You may feel like the answer is no. But chances are you're doing plenty, and it's important you don't let self-doubt get the better of you.*

## Common signs and Symptoms of Caregiver Burnout

- You have much less energy than you once had
- It seems like you catch every cold or flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when help is available
- You're increasingly impatient and irritable with the client you are caring for



## Common Signs and Symptoms of Caregiver Stress

- Anxiety, depression, irritability
- Feeling tired and run down
- Difficulty Sleeping
- Overreacting to minor nuisances
- New or worsening health problems
- Trouble concentrating
- Feeling increasingly resentful
- Drinking, smoking, or eating more
- Neglecting responsibilities
- Cutting back on leisure activities



## Your Body Was Made to Heal Itself



## Dealing with Caregiver Stress & Burnout

- Ask for help – Speak up, spread responsibility, say ‘YES’ when someone offers assistance.
- Give yourself a break – Set aside 30 minutes every day for yourself, find ways to pamper yourself, visit with friends and share your feelings.
- Practice acceptance – Focus on the things you can control, find the silver lining, avoid tunnel vision.
- Take care of your health – Keep on top of your Doctor’s appointments, exercise, eat well, meditate.