



## **Generations Psychological & Consultation Services, LLC**

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### **Signs of Caregiver Burnout**

**Note: You do not have to be experiencing all of these to seek help.**

- Feeling exhausted
- Not wanting to get out of bed
- Feeling irritated by little things
- Snapping at people
- Spending less time with friends
- Feeling down or more anxious
- Getting sick more often
- Feeling resentful toward other family members
- Unhealthy coping behaviors
- Not exercising
- Difficulty making decisions
- Loss of privacy
- Feeling torn between responsibilities
- Feeling alone or isolated
- Aches, pains, headaches, digestive disruption
- Someone has told you that you seem burned out
- Thoughts of wanting to hurt yourself or your care recipient
  - Please call the National Suicide Prevention Lifeline: 1-800-273-8255 or the Family Caregiver Alliance: 1-800-445-8106