

Coping With

Caregiver Burnout



Providence
HOME CARE
Home Health • Hospice • Personal Care

Are You Experiencing Burnout?

As caregivers, you do so much for others that it's easy to forget your needs and get burnt out.

BURNOUT CULPRITS

Identifying the possible causes of burnout can help prevent further harm.



Strenuous workload



Dealing with tough clients



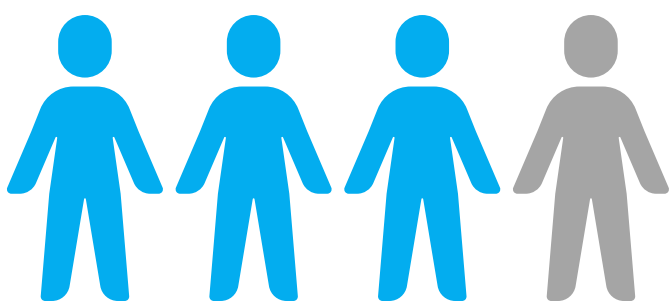
Undervalued emotionally or financially

BURNOUT SIGNS

Recognizing you are burnt out will help you get back on track to feeling yourself.

- Overwhelmed
- Anxious
- Depressed
- Unusual frustration
- Trouble controlling emotions
- Losing patience
- Feeling shut down
- Loss of passion in work and life
- Can't relax or sleep well
- Extreme fatigue
- Recurring sickness
- Changes in eating or exercise
- Isolating yourself

THE ECHO OF BURNOUT



3 out of 4

adults age 50 and older want to stay in their homes and communities as they age

59%

anticipate they will actually be able to

THE EFFECTS OF CAREGIVER BURNOUT ECHO INTO THE LIVES OF MILLIONS OF ADULTS WHO NEED THEM.

BURNOUT SOLUTIONS

Preventing and coping with burnout is best accomplished with thoughtful intent.

Prioritize your health with exercise and nutrition

Take breaks and learn relaxation techniques

Set reasonable expectations for yourself in work and personal life

Make time for fun, hobbies, and creativity

Network with other caregivers for support

Work for an agency that values you

Providence Home Care cares for you, not just what you do. Learn more about joining our team at [providencehomecare.com](https://www.providencehomecare.com).