



# CAREGIVER STRESS CHECKLIST

There are universal signs of caregiver stress that, if not addressed, can lead to burnout. Use the following Caregiver Stress Checklist to discuss any concerns with your health care provider.

## Do you, as a caregiver, feel...

- ☐ Angry that things are the way they are
- ☐ Anxious about facing another day
- ☐ Defensive about your loved one's condition and its effect on others
- ☐ Embarrassed by your loved one's behavior
- ☐ Exhausted because of ever-present concerns and sleepless nights
- ☐ Frustrated that you can't do more or that you are missing out on life
- ☐ Ill, either physically, mentally or both
- ☐ Irritable because nothing seems to go right
- ☐ Rushed because you don't have as much time as you would like
- ☐ Sad that your loved one needs care
- ☐ Uncomfortable caring for your loved one