

Warning Signs of Caregiver Burnout

	Yes	No
Do you feel a loss of energy or interest in life?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel tired or exhausted much of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel overwhelmed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel out of control with unusual emotions or actions? Volatile.	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel tense, nervous, or anxious much of the time?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel emotionally numb?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lack interest in people or things that used to be pleasurable?	<input type="checkbox"/>	<input type="checkbox"/>
Are you becoming more isolated, less social interaction?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have feelings of guilt?	<input type="checkbox"/>	<input type="checkbox"/>
Are you taking/using more sleeping pills, nerve medications, alcohol, caffeine, or cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>
Are you having increased health problems: for example, high blood pressure, headaches, ulcers, upset stomach, or other difficulties with digestion?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have sleep problems, such as difficulty falling asleep at night, awakening early, or sleeping excessively?	<input type="checkbox"/>	<input type="checkbox"/>
Are you having appetite changes with weight gain or loss?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel trapped or burdened?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have problems with concentration or memory?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel you cannot care out the care tasks?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel out of control and don't know what to do first?	<input type="checkbox"/>	<input type="checkbox"/>

Are you increasingly irritable or lack patience with others?

Do you have difficulty setting boundaries?

Do you have feelings of helplessness or hopelessness?

Do you have unrealistic hopes?

Are you neglecting to provide care to the patient for whom you care?

Is it difficult to weigh important decisions?

Do you have thoughts of suicide?

A “yes” answer to one or two of these questions can indicate stress that has become destructive, and should prompt you to discuss your feelings with your doctor or nurse, three or more yes requires immediate discussion with some one about your care situation.