

# Caregiver Burnout:

## Caring for yourself while caring for others

Taking care of someone you love can be rewarding as well as tiring. We call this “caregiver burnout.” It is common and happens when you get worn out from all the things you do while caring for someone. Caregiving can be hard on your body, mind, and emotions. To help you find solutions and better care for yourself, we’ve created this list of resources and tips to help you find the support you need.

### What causes caregiver burnout and how do I know I have it?

Some causes of caregiver burnout include:

- Changing roles (like from spouse or child to caregiver)
- Lack of control
- Many new responsibilities

Some signs you may have it include:

- Feeling tired
- Weight loss or gain
- Feeling sad
- Losing interest in enjoyable activities
- Sleep problems
- Feeling hopeless
- Having a hard time keeping up with tasks
- Headaches or stomach aches
- Mood swings
- Getting sick more often

### How do I manage burnout?

Stress is a normal part of the caregiving experience. However, you do not have to go through this experience alone. Here are some tips to help you cope:

#### Share the load with others:

- Ask family or friends for help.
- Make a care schedule to lighten your load.
- Let others do tasks you don’t need to do yourself.
- See if home health or respite services are an option.
- Hire help through caregiver support companies.

#### Focus on what you can control:

- Try to control things you can, instead of worrying about things you can’t.
- Break big tasks into smaller ones to make them easier.
- Focus on solutions, not problems.

#### Take breaks and take time for yourself:

- Find little ways you can relax and have fun, even for a short time.
- Exercise.
- Get enough sleep.
- Eat mindfully.

#### Seek social support:

- Talk to family or friends you trust.
- Find a support group for caregivers, either locally or online.
- Contact local religious or community groups for support.
- Seek mental health or counseling support for yourself.

#### Simplify:

- Be flexible with your expectations. You may not be able to do everything you did before.
- Look at your daily routine and see if anything can be changed or removed.

#### Set boundaries:

- Know your limits and when to say no.
- Talk about your boundaries with the person you care for calmly.
- Let go of guilt. You can’t care for someone if you are not taking care of yourself.



Scan for mental health and wellness resources on [intermountainhealthcare.org](https://intermountainhealthcare.org)  
[intermountainhealth.crediblemind.com](https://intermountainhealth.crediblemind.com)

## What are some resources that can help me and my family?

If you are a caregiver for someone who is currently hospitalized, the social worker on the unit is a great resource to consult for local resources. Don't be afraid to ask them for help.

### Family and Medical Leave Act (FMLA)

If you work, you may be eligible to take up to 12 weeks of leave from your job in a 12-month period to care for a spouse, child, or parent. There is a possibility of intermittent FMLA when medically necessary, taking leave in separate blocks or on a modified schedule. Talk to your company's human resources department for additional information.

### Employee Assistance Program (EAP)

If you work, check with your human resources department to see if EAP resources are available for additional support.

### Information that may help right now

- **Text the Crisis Line** (through the Rosalynn Carter Institute). If you are a caregiver in need of support, text TOUGH to 741741 for free, 24/7 crisis counseling.
- **Take the Caregiver Stress Course.** Created in partnership with the Rosalynn Carter Institute as a free resource for caregivers. ([rosalynncarter.org](http://rosalynncarter.org))
- **Download a mindfulness or meditation app** on your phone. Examples include Calm or One Giant Mind. You can find them in your smart phone app store.
- **Find a support group.** Below is a list of links to some support groups. There are many others available that may be better fit for you.
  - Alzheimer's Association ([alz.org](http://alz.org))
  - American Stroke Association ([stroke.org/en/stroke-support-group-finder](http://stroke.org/en/stroke-support-group-finder))
  - Brain Injury Association of America ([biausa.org/public-affairs/media/virtual-support-groups](http://biausa.org/public-affairs/media/virtual-support-groups))

### National organizations

**AARP.** Provides resources and information helpful for caregivers.

- [aarp.org/caregiving](http://aarp.org/caregiving) • 877-333-5885

**ARCH National Respite Network.** National service that helps families locate respite services in their local communities.

- [respitelocator.org](http://respitelocator.org) • 919-490-5577

**National Institute on Aging.** Information on caregiving, long-term care, Alzheimer's planning, services for older adults living at home, caregiver self-care, and more.

- [nia.nih.gov/health/caregiving](http://nia.nih.gov/health/caregiving)

**Eldercare Locator.** Connects older adults and caregivers with support resources.

- [eldercare.acl.gov](http://eldercare.acl.gov) • 800-677-1116

**Family Caregiver Alliance.** Provides education, advocacy, and services to families and caregivers.

- [caregiver.org/connecting-caregivers/services-by-state/](http://caregiver.org/connecting-caregivers/services-by-state/)

**Meals on Wheels.** Free meal delivery for those who qualify.

- [mealsonwheelsamerica.org/find-meals](http://mealsonwheelsamerica.org/find-meals)

**Psychology Today.** Locator tool to help find a mental health therapist in your area.

- [psychologytoday.com/us](http://psychologytoday.com/us)

**Rosalynn Carter Institute for Caregivers.** Offers resources for caregivers of military members and those with dementia.

- [rosalynncarter.org](http://rosalynncarter.org) • 229-928-1234

**VA Caregiver Support Program.** Offers a caregiver support program that provides services to caregivers of veterans enrolled in the VA healthcare system.

- [caregiver.va.gov](http://caregiver.va.gov) • Support line: 855-260-3274

Scan to find support and resources in your state.  
[intermountainhealthcare.org/services/rehabilitation-services/inpatient-rehabilitation](http://intermountainhealthcare.org/services/rehabilitation-services/inpatient-rehabilitation)

