

# Caregiver Burnout Self-Check and Prevention Worksheet

## **Purpose:**

This worksheet helps caregivers recognize early burnout, understand emotional strain, and take practical steps to protect their health, relationships, and care quality before a crisis occurs.

You can complete this worksheet in 10–15 minutes. Be honest. This is for you, not for judgment.

**Tip:** Print this worksheet, or use a PDF reader that supports typing to fill it out digitally.

## **Quick Burnout Self-Assessment**

Check any statements that feel true right now.

- I feel physically exhausted most days
- I feel emotionally drained or numb
- I am more irritable or impatient than I used to be
- I feel overwhelmed by small tasks
- I have trouble sleeping or staying asleep
- I feel anxious or on edge often
- I feel guilty when I think about needing help
- I have little time for myself
- I feel alone in caregiving
- I feel resentful and then feel guilty for feeling that way

## **Reflection:**

How many boxes did you check? (Select one.)

- 0–2: You may be managing, keep protecting recovery time.
- 3–5: Burnout is building, add support this week.
- 6 or more: High strain, consider professional support now.

Checking several boxes is a signal, not a failure. Burnout builds gradually.

## **Early, Middle, and Late Burnout Signals**

Burnout does not appear all at once. Identify where you are.

### **Early Signs**

- Feeling slightly more tired than usual
- Mild irritability
- Less patience
- Skipping hobbies or personal time

### **Mid-Stage Signs**

- Emotional withdrawal
- Dreading caregiving tasks
- Frequent frustration or anger
- Difficulty concentrating
- Feeling unappreciated

### **Late Signs**

- Chronic exhaustion
- Anxiety or depression symptoms
- Physical health issues
- Emotional numbness

Feeling trapped or hopeless

Circle the stage that feels closest to your experience:

Early    Middle    Late

## **Emotional Awareness Check**

Answer honestly. There are no wrong answers.

**What emotion do you feel most often while caregiving?**

Love    Stress    Guilt    Anger    Sadness    Resentment    Fear

**Which caregiving tasks drain you the most emotionally?**

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**When was the last time you felt supported?**

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**What do you miss most about your life before caregiving?**

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## **Resentment and Guilt Check**

Resentment and guilt often show up together. Check any that apply:

- I feel I am doing more than others
- I feel responsible for everything
- I feel bad asking for help
- I feel like no one really sees how hard this is
- I worry that getting help means I am failing

**Reflection:**

What would you say to a friend in your situation?

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Often we offer others more compassion than we give ourselves.

**Personal Health and Self-Care Snapshot**

Fill in what is true for you today.

Average hours of sleep per night: \_\_\_\_\_

Last medical appointment for yourself: \_\_\_\_\_

Exercise or movement per week: \_\_\_\_\_

Time alone per week: \_\_\_\_\_

Social connection per week: \_\_\_\_\_

Circle one:

My current self-care feels adequate    stretched    nonexistent

**Support Inventory**

List people and resources that exist, even if you are not using them yet.

**Family or Friends Who Could Help**

Name: \_\_\_\_\_ Possible role: \_\_\_\_\_

Name: \_\_\_\_\_ Possible role: \_\_\_\_\_

**Professional or Community Support**

- Home care services
- Respite care
- Support group
- Care coordinator
- Therapist or counselor

## What kind of help would reduce your stress the most right now?

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## Boundaries and Control Check

Answer yes or no.

Do you feel you must do everything yourself? Yes / No

Do you feel uncomfortable letting others help? Yes / No

Do you feel caregiving has become your identity? Yes / No

Do you feel you have control over your caregiving role? Yes / No

If you answered yes to the first three and no to the last, burnout risk is high.

## Action Plan (Small Steps Matter)

Choose one step you can take in the next 7 days.

- Ask for specific help
- Schedule a break
- Talk to a care professional
- Research home care options
- Have a family conversation
- Schedule a medical appointment for yourself

My next step:

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When I will do this:

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## When to Seek Professional Support

You may benefit from professional support if:

- Burnout symptoms persist or worsen
- Resentment feels constant
- Your health is declining
- Care feels unsustainable
- Family conflict is increasing

Professional care is not giving up. It is protecting everyone involved.

### **Caregiving is an act of love.**

So is asking for help.

### **Burnout is not a personal failure.**

It is a sign that care needs to be shared.

### **You deserve support too!**

**Disclaimer:** *This worksheet is for general educational purposes only and is not medical, mental health, or legal advice. It is not meant to diagnose any condition or replace support from a qualified professional. If you are in severe distress, feel unsafe, or have thoughts of self-harm, call 911 or go to the nearest emergency room right away. If symptoms persist or worsen, speak with a licensed healthcare or mental health professional. If you suspect abuse, neglect, or immediate danger, contact local authorities or Adult Protective Services.*



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