

Caregiver Burnout

Take a quick quiz to see how you are doing!

Are you burning out?

Read each of the following items and rate how often the symptom is true for you. **The scoring runs from 1 to 5 .**

The Range is 1 = Never or rarely true to 5 = Usually true.

- I am easily overwhelmed _____
- I feel tired even when I've gotten adequate sleep _____
- I can't concentrate on work _____
- I am dissatisfied much of the time _____
- I am easily bored _____
- I work hard but feel ineffective _____
- I feel sad for no reason _____
- I am easily frustrated, snap for no reason _____
- I am unusually forgetful _____
- My friends/family have mentioned my moods _____
- I avoid people at work and at home _____
- Social activities are a drain _____
- I have trouble sleeping due to worry _____
- I watch an unusual amount of TV _____
- I feel sick more than I used to _____
- I don't have much to look forward to _____
- My attitude is "why bother?" _____
- I get into conflicts more than I used to _____
- I feel that going out is not worth the effort _____
- My job performance is not up to par _____
- Communicating with others is a strain _____
- Caregiving has stolen my life _____
- Some of my efforts feel pointless _____
- I worry about my loved one when I'm away _____
- I have used alcohol or medications to feel better _____
- I tend to take things more personally _____
- I feel that my state of mind is someone else's fault _____

Burnout Total _____

**There are no right or wrong answers but only signposts
that you may need to adjust your
habits and perspectives and rejuvenate your motivation.
A quick checklist in any moment is:**

H.A.L.T .

Don't become too Hungry, Angry, Lonely, or Tired