

# When Caregiving Starts to Wear You Down

A gentle self-check for emotional wellbeing

## 1. Notice How You're Feeling

- I feel tired even after resting
- I feel emotionally flat or easily irritated
- I struggle to focus or make simple decisions
- I feel anxious without a clear reason

## 2. Observe Changes in Your Behaviour

- I am withdrawing from people or activities I enjoy
- I feel resentful and then guilty about it
- I avoid thinking about the situation because it feels too heavy
- I feel pressure to stay strong for everyone else

## 3. Check the Weight of Responsibility

- I feel responsible for outcomes beyond my control
- I rarely ask for help
- I feel uncomfortable taking breaks
- I believe things will fall apart if I step back

## 4. Identify What You May Be Missing

- Regular rest that is not rushed
- Time that is not task-focused
- Emotional support outside the family
- Permission to say no

## 5. Consider Gentle Adjustments

- Share responsibility, even in small ways
- Set clearer limits around availability
- Create space for recovery, not just productivity

- Allow yourself to acknowledge strain without judgment

## 6. Know When to Seek Support

- When exhaustion feels constant
- When emotions feel unmanageable
- When caregiving affects your health or relationships
- When you feel stuck or alone

Noticing strain early allows you to respond with care rather than waiting for burnout. Looking after yourself is part of caring well.