Caregiver Burnout is a state of emotional, mental, and physical exhaustion caused by the prolonged and overwhelming stress of caregiving.

Take these steps to ease your stress levels, avoid caregiver burnout, and start to regain a sense of balance, joy and hope in your life:

- **Avoid caregiver burnout by feeling empowered**: Accept the things you cannot change such as your loved one’s illness. Think about ways caregiving has made you stronger or brought you closer to the person. Focus on things you can control such as how you react to problems.

- **Ask for caregiving help**: Spread the responsibilities by enlisting friends and family to help. They can run errands, bring a meal or stay with the person so that you can take a break. Tell people what you need. Say YES to any offers of help. Set up regular check-ins with family or friends.

- **Give yourself a break**: Maintain personal relationships with friends and family. Engage in activities that bring you joy. Pamper yourself, make yourself laugh and get out of the house.

- **Take care of your own health**: Keep on top of your doctor visits, eat well, don’t skimp on sleep, exercise and practice a relaxation technique.

- **Get the appreciation you need**: Imagine how your loved one would respond if they were healthy, applaud your own efforts, talk with a supportive family member or friend.

- **Join a caregiver support group**: A caregiver support group is a great way to find people who are having similar experiences who you can share your feelings with. It is an opportunity to get out of the house and meet face to face with other caregivers, share local resources, and reduce feelings of isolation.

Check our Healthy Living program schedule to find caregiver workshops at [www.minutemansenior.org](http://www.minutemansenior.org)