

Identifying Caregiver Burnout

Caregiver burnout happens when there is a mismatch between a person's capacities and the demands of their caregiving responsibilities. People might experience caregiver burnout because they are going through stress, health, or financial challenges, which could deplete their energy and make caregiving harder. Caregiver burnout can occur if caregivers are having trouble managing all their tasks with limited support, or if their caregivees are facing difficult developmental phases, complex medical or psychological conditions, or are nearing the end of life.

If you're wondering if you are experiencing caregiver burnout, we encourage you to try our [free caregiver burnout quiz](#), which can help you understand how intense your symptoms are and direct you to resources based on your answers.

You can also see some common symptoms of caregiver burnout below:

| | |
|---|---|
| Feeling less competent at caregiving, like you're not doing as well as before | Procrastinating, avoiding tasks, or avoiding caregiving more |
| Feeling emotionally drained | Feeling physically exhausted |
| Feeling more anxious, irritable, or overwhelmed than usual | Having more difficulty concentrating and/or making more mistakes than usual |
| Feeling indifferent, like you just don't care as much as you used to about caregiving | Feeling cynical or pessimistic about your caregiving situation |

What does caregiver burnout feel like for you?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Identifying Caregiver Burnout

Are there any personal factors (like stress, health, finances) contributing to burnout for you?

Are there *caregiving-focused* solutions that might help? These might look like:

- Organizing and breaking down caregiving tasks
- Coordinating help with simple caregiving tasks
- Finding care for children, adults with disabilities, or elderly family members
- Financial assistance with caregiving
- Connecting to resources for caregivees with a particular physical or psychological condition
- Getting caregiving questions answered by experts
- Learning about respite care options (temporary, professional caregiving so you can attend to your own needs)
- Other: _____

To explore some of these ideas, check out the **caregiving** worksheets below.

solutions

Are there any *personal* solutions that might help? These might look like:

- Focusing on rest with a daily ritual
- Using time off to take a break and recover
- Challenging mental patterns that maintain burnout or keep you from taking breaks
- Connecting with support outside of caregiving (e.g., loved ones, other communities)
- Good self-care, social, spiritual, and physical habits to keep yourself healthy
- Living a rich, meaningful life outside of caregiving by doing what matters to you
- Other: _____

To explore some of these ideas, check out the **personal** worksheets below.

solutions

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for Depression](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.