



BURNOUT CHECKLIST

EMOTIONAL & MENTAL WELL-BEING

- ☐ Feeling overwhelmed/"on edge"
- ☐ Irritability/anger toward loved ones
- ☐ Feeling numb/detached or drained
- ☐ Difficulty concentrating/making decisions
- ☐ Feeling hopeless or helpless
- ☐ Feeling guilty for "not doing enough"

PHYSICAL HEALTH INDICATORS

- ☐ Chronic fatigue, even after sleeping
- ☐ Headaches, muscle tension
- ☐ Changes in appetite
- ☐ Trouble falling or staying asleep
- ☐ Getting sick more often
- ☐ Neglecting your own appointments

BEHAVIORAL & DAILY LIFE CHANGES

- ☐ Withdrawing from friends/family
- ☐ Losing interest in hobbies/activities
- ☐ Forgetting tasks or appointments
- ☐ Easily frustrated/snapping at others
- ☐ Increased caffeine/alcohol/nicotine use
- ☐ Feeling too tired to complete daily routines

CAREGIVING-SPECIFIC STRESS SIGNALS

- ☐ Feeling resentful toward care recipient
- ☐ Feeling trapped or unable to take breaks
- ☐ Worrying often about making mistakes
- ☐ Feeling unappreciated/unsupported
- ☐ Difficulty balancing care/work/life
- ☐ Feeling like you are the "only one" who can help

RELATIONSHIP STRAIN

- ☐ Tension with spouse/partner/children
- ☐ Feeling misunderstood by family
- ☐ Avoiding conversations about your stress
- ☐ Feeling isolated even when surrounded by people

FINANCIAL & WORK STRESS

- ☐ Missing work/struggling to focus
- ☐ Worrying about care-related expenses
- ☐ Difficulty managing bills/deadlines
- ☐ Avoiding help to avoid extra costs
- ☐ Worrying about lack of food/housing

QUICK SCORING

Count your checkmarks. Your total number helps you see whether you're dealing with early stress, growing burnout, or a heavier level of overwhelm.

0-3

MILD STRESS — Keep an eye on things and add small supports.

4-7

MODERATE BURNOUT — Consider extra help or respite.

8+

HIGH BURNOUT — You may benefit from additional support or professional guidance.

If you recognized yourself in several of these signs, you're not alone. Caregiving is meaningful, but it is also demanding. Advanced Senior Support is here to help you find balance, support, and relief — so you can continue caring without losing yourself in the process.



Advanced Senior Support Home Health & Mobile Therapy

Contact us now for support/questions: **614-891-7480**

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** Please note: This checklist is meant to help you reflect on your stress level, not to diagnose burnout or any medical condition. If you're concerned about your well-being, consider speaking with a healthcare professional or someone you trust. **