

HOW CAREGIVING AFFECTS YOU: The Warning Signs

- Sleep deprivation
- Feeling ineffective
- Feeling overwhelmed
- Poor eating habits
- Failure to exercise
- Failure to stay in bed when ill
- Seclusion
- Postponement of or failure to make medical appointments for yourself
- Depression
- Excessive use of drugs or alcohol
- Disorganization
- Misconception of being in control of everything
- Excess fear, anxiety or worry
- Financial stress
- Unrealistic expectations
- Lack of knowledge or resources
- Lack of effective time management
- Dreading the future
- Job Compromises or lack thereof
- Loneliness or sense of avoidance
- Headaches, exhaustion, lack of patience
- Stressed out all the time
- Failure to reach out to others
- Failure to do basic self care
- Forgetting appointments and routine tasks
- Feeling resentful
- Feeling guilty