

Caregiver Stress Indicators

Do you experience any of the following?

muscle tightness, back and shoulder aches

dragging headaches that never go away

inability to sleep, waking in the night, unable to get back to sleep, waking at dawn and lying sleepless for hours

pains that wander around the body, disappearing from one place only to appear in another

stomach, digestive, gastrointestinal problem without real physical cause

restlessness so that even if you get a chance to rest and relax, you cannot do so

gritting or grinding your teeth

numerous small accidents, inability to concentrate

mood swings, flying off the handle, weeping fits

increased outbreaks of arthritis, bursitis and any other-it is

increased reliance upon alcohol to relax, pills to sleep, tranquilizers to calm down

decreased socialization

fear of others, "can't be bothered" by others, blaming others for everything

palpitations or chest pains not due to angina or heart trouble

inability to carry out the normal tasks of life

increased forgetfulness, so that you worry about whether you might have Alzheimer's yourself

watching television for hours every day, even when you are not actually interested in the programs

having a feeling of despair, being overwhelmed, depressed, overanxious

If you experience four or more of the above, you may be suffering from stress and burnout, and should talk with a professional about coping strategies