

Caregiver Burnout Self-Check

A private 2-minute check-in — companion to “Caregiver burnout is real.”

Check every statement that has been true for you over the past two weeks. Be honest — no one sees this but you.

Body

- ☐ I'm exhausted even after sleeping
- ☐ I'm getting sick more often, or ignoring my own symptoms
- ☐ I've skipped my own medical or dental appointments

Mind

- ☐ I feel irritable or impatient with the person I care for
- ☐ I can't concentrate or I forget things I'd normally remember
- ☐ I feel like nothing I do is enough

Life

- ☐ I've dropped hobbies, friends, or activities I used to enjoy
- ☐ I can't remember the last time I did something just for me
- ☐ I feel trapped, resentful, or numb — then guilty for feeling that way

What your count suggests

Checks	What it may mean	One next step
0–2	Normal strain — keep your supports in place	Protect one hour weekly that's yours
3–5	Early warning zone	Delegate one task this week and tell someone how you're doing
6+	You're carrying too much alone	Talk to your doctor, and get real backup — respite care, family, or professional support

This is a self-reflection tool, not a medical or mental-health assessment. If you're struggling, please talk with your doctor or a licensed professional.

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