



Avoiding Caregiver Burnout

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"It's not the load that breaks you down, it's the way you carry it."
Lena Horne

Warning Signs of Caregiver Burnout

Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for. So, it's important to watch for the warning signs of caregiver burnout and take action right away when you recognize the problem.

The demands of caregiving can be overwhelming, especially if you feel you have little control over the situation or that you're in over your head financially. Fatigue, frustration, and stress from caregiving can cause health problems, a strain on your other relationships, and eventually lead to the physical, emotional, and mental exhaustion that defines burnout.

If you're caring for a family member, it's essential that you get the support you need before burnout occurs. The good news is that you're not alone. There is help for caregivers available and ways for you to regain balance in your life.

Wednesday, May 19th

3pm

Georgian Room

Call Concierge at 678-619-0474 to sign up

