

## SIGNS OF BURN OUT

- You notice you are becoming exhausted both physically and emotionally
- You notice you are becoming more irritable
- You begin to experience a loss of purpose in what you are doing
- You begin to withdrawal more from relationships (family, friends, coworkers, etc)
- You begin to have a tendency to think more negatively (glass is half empty instead of half full)
- You begin to feel like you have little control over commitments
- You begin to feel like you are accomplishing less when that may not be true
- You begin to experience sleeping difficulties (falling asleep, staying asleep, etc.)
- You notice a change in appetite and/or weight
- You begin to have less interest in activities once enjoyed

### Sources:

*Caregiver burnout.* Retrieved August 3, 2005, from the Family Care Research Program Website:<http://www.healthteam.msu.edu/fcrp/patientscaregivers/issues/caregiverburnout>

*Avoiding burn-out.* Retrieved August 3, 2005, from Mind Tools Book Store Website:  
<http://www.psychwww.com/mtsite/smburnt.html>