CAREGIVER EXHAUSTION

It’s real.

It encompasses physical, emotional and mental exhaustion.

It often goes ignored or unnoticed by those experiencing it.

Common signs of caregiver exhaustion

- Irritability
- Social isolation
- Forgetfulness
- Quick to anger
- Feeling overwhelmed
- Feeling hopeless
- Feeling depressed or anxious
- Changes in sleep or appetite

Get Support

Talk to people outside the diabetes world – vent, cry, talk about anything else
Join a support group – online or in-person – of other caregivers
Delegate responsibilities – household or diabetes related
Talk to a therapist

Practice Self-care

Build time and routine into life for yourself - every day before you are burned out
Go for a walk, read a book, join a class, engage in a hobby, meditate, be mindful
Stay healthy – eat well, get plenty of sleep and joyfully move

Check out these Resources

Group: Parents of Children with T1D, facebook.com/groups/229094277146547
Website: Behavioral Diabetes Institute, www.behavioraldiabetes.org
Website: The Caregiver Space, www.thecaregiverspace.org
Instagram: Follow spoonie_village
Podcast: Compassion Fatigue
Article: Partner Perspectives on Life with a Person with T1D, theplaidjournal.com/index.php/CoM/article/view/48/32
Book: The World’s Worst Diabetes Mom, Stacey Simms