

BURNOUT IS REAL

It encompasses **physical**,
emotional and **mental**
exhaustion.

We can feel **guilty** for not doing
enough, **resentful** for all we do,
or **anxious** for our child or
partner all the time.

Yet burnout often goes
ignored or **unnoticed** by
those experiencing it.

COMMON SIGNS of Caregiver Burnout

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

CONTACT US

Call our **24-hour hotline** at

+1 (425)985 -3635

Visit us online at **www.DBH.org**

Follow us on Instagram
@diabulimiahelpline

Find us on Facebook
DiabulimiaHelpline/

Follow us on Twitter
DiabulimiaHelp/

For questions or more information
on our resources and services,
or how you can get involved,
please email us at
info@DBH.org




The material in this pamphlet is for informational purposes only and is not intended to constitute medical advice. Always consult a physician or other qualified health provider for diagnosis and treatment of any health-related matter.

CAREGIVER BURNOUT

happens when you devote all
your time and energy into caring
for others, without leaving
anything for yourself.



 **DBH** was founded in
2010 as a global
nonprofit dedicated
to the education, support,
and advocacy for people
with diabetes and mental
health issues.