



# TAKING CARE OF THE CAREGIVER

A HEALTH NUGGET

# CAREGIVER BURNOUT



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Emotional and physical exhaustion

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Withdrawal from friends, family, and other loved ones

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Loss of interest in once-enjoyed activities

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Helplessness and hopelessness

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Changes in appetite and/or weight

# CAREGIVER BURNOUT



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Changes in sleep patterns

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Difficulty concentrating

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A more frequent occurrence of illness

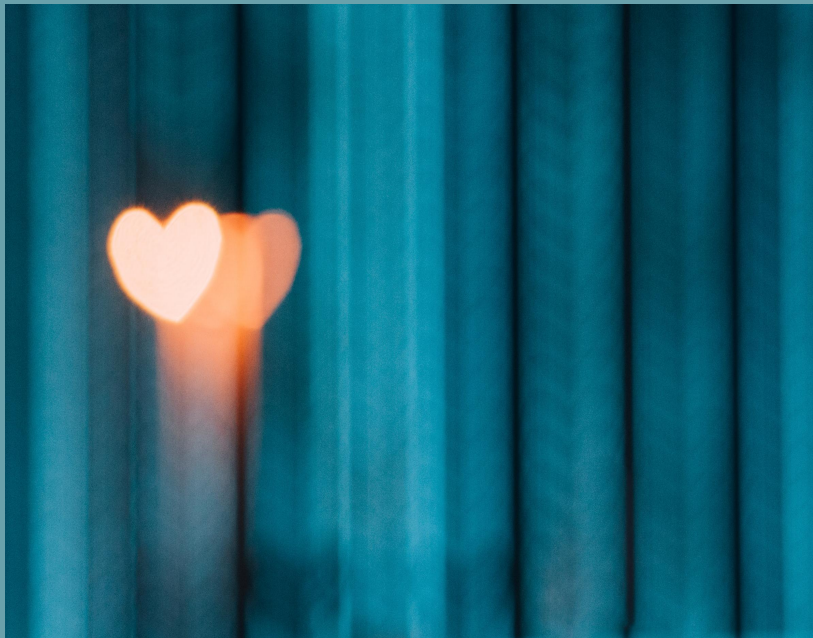
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Irritability, frustration, or anger towards others

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(Cleveland Clinic, 2023)

# TAKING CARE OF YOURSELF



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Give attention to your own personal needs

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Get enough sleep

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Eat a healthy diet

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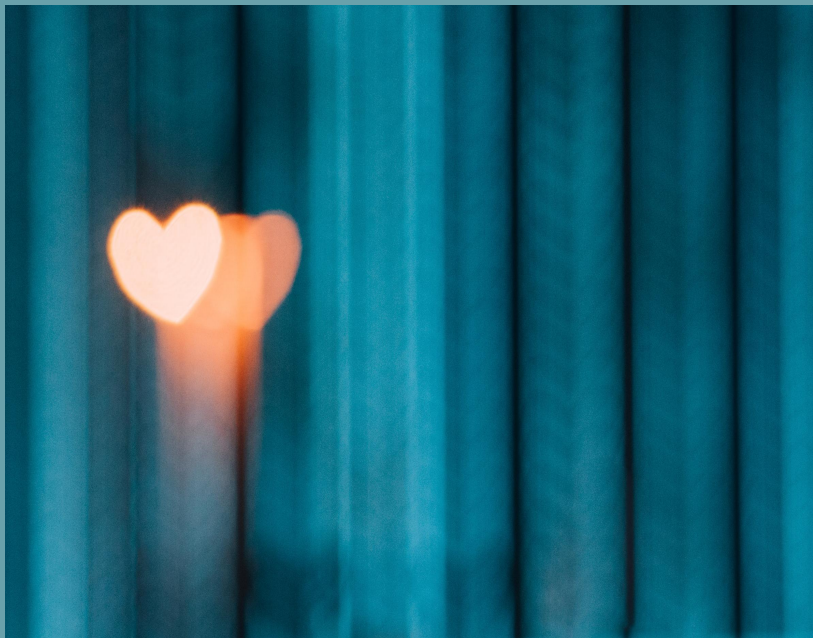
Exercise regularly

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Take guilt-free breaks



# TAKING CARE OF YOURSELF



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Find self-care activities

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Talk to a trusted friend

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Accept help from others

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Set goals

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Pray

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(Family Caregiver Alliance, n.d.)



“Cast your burden on the Lord, and  
He will sustain you;  
He will never permit the righteous  
to be moved.”  
Psalm 55:22

# SUPPORTING THE CAREGIVER



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Offer emotional and social support

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Arrange a time to check in with them

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Assist with errands, chores, and other responsibilities

# SUPPORTING THE CAREGIVER



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Check whether they are taking care of their own health concerns

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(Centers for Disease Control and Prevention [CDC], 2021)





“Whenever we have an  
opportunity,  
let us work for the good of all  
and specially for those  
of the family of faith.”  
Galatians 6:10