

# CAREGIVER EXHAUSTION

---

It's real.

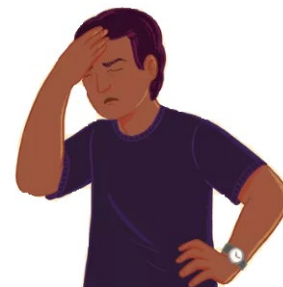
It encompasses physical, emotional and mental exhaustion.

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](https://www.facebook.com/groups/229094277146547)

Website: Behavioral Diabetes Institute, [www.behavioraldiabetes.org](http://www.behavioraldiabetes.org)

Website: The Caregiver Space, [www.thecaregiverspace.org](http://www.thecaregiverspace.org)

Instagram: Follow spoonie\_village

Blog: Diabetes Dad, <http://diabetesdad.org/>

Podcast: Compassion Fatigue

Article: Partner Perspectives on Life with a Person with T1D, [theplaidjournal.com/index.php/CoM/article/view/48/32](http://theplaidjournal.com/index.php/CoM/article/view/48/32)

Book: The World's Worst Diabetes Mom, Stacey Simms

