

Supporting Caregivers

Caregiver burnout is a state of emotional, physical, and mental exhaustion caused by the ongoing stress of caring for someone after an injury. It can lead to fatigue, frustration, sadness, anxiety, or feeling overwhelmed. Burnout is common—and preventable—with the right support and self-care.

Watch for these signs so you can take action to prevent further burnout.

- Feeling constantly tired or overwhelmed
- Increased irritability, sadness, or anxiety
- Trouble sleeping or changes in appetite
- Feeling isolated or unsupported
- Loss of interest in activities you once enjoyed

Prevent Caregiver Burn Out

Find your Supports

- Talk with someone you trust about your feelings.
- Accept help from friends and family.
- Join a caregiver support group or connect through your TSN Coordinator.

Reset Expectations

- Be honest about what you can and cannot do.
- Set manageable goals for yourself and your loved one.
- Recognize when professional help may be needed.
- Focus on small positives and wins.

Care for Yourself Too

- Schedule regular breaks for yourself.
- Sleep well, eat balanced meals, and stay active.
- Talk with a mental health professional if needed.
- Accept all feelings are valid.
- Learn coping tools.