

WELLNESS KEY 2 TOOLS

Care Partner Burnout Reflection

Check in with yourself regularly; ongoing feelings of stress and strain may signal a need for more self-care or support.

"I'm exhausted and stressed out all the time."

If this sounds familiar, you may be experiencing **care partner burnout** — a common issue involving deep physical, mental or emotional exhaustion that can result from the ongoing demands of care-giving. Burnout can build up slowly or hit you unexpectedly.



How are you doing?

Choose a quiet, distraction-free space. Read each statement and check those that are true for you.

- I often feel emotionally or physically exhausted.
- I am not getting enough sleep due to anxiety, stress or my loved one's PD symptoms.
- I have a short fuse or break down easily.
- I'm not interested in getting together with friends or family.
- I feel alone and isolated.

What You Can Do

If any of the above statements reflect your current situation, it could be a sign of care partner burnout. Even if you feel capable of managing on your own, taking proactive steps is important for your well-being and the well-being of the person with Parkinson's. Here are several suggestions:

Prioritize self-care. Use the **Self Check-In: Your Well-Being Matters** tool to find activities that will nourish you and help build your resilience.

Explore new coping skills. If you are feeling overwhelmed, try setting small, manageable goals. Techniques such as mindfulness and deep breathing can also help.

Talk to someone. Reach out to friends, family or your support group. Consider chatting with a therapist, counselor or spiritual advisor for coping and stress-management techniques. For tips on finding a counselor or a therapist, visit [Parkinson.org/findingcounselors](https://www.parkinson.org/finding-counselors).

Ask for help. Identify tasks that others could assist with. Use the tools on pages 14-15 to help you choose who to ask for support.

 To print additional copies, visit [Parkinson.org/Worksheets](https://www.parkinson.org/worksheets).