

10 Signs of Caregiver Stress

1. **DENIAL** about what's happening and the changes in the loved one. "I know Mom's going to get better."
2. **ANGER** at the person or others that no cures exist and people don't understand what's going on. "If he asks me that question one more time, I'll scream."
3. **SOCIAL WITHDRAWAL** from friends and activities that one brought pleasure. "I don't care about playing music anymore."
4. **ANXIETY** about facing each day and what the future holds. "What happens when she cannot stay alone any longer?"
5. **DEPRESSION** begins to affect the ability to cope. "I don't care anymore."
6. **EXHAUSTION** makes it nearly impossible to complete daily tasks. "I'm too tired for this."
7. **SLEEPLESSNESS** caused by worry and concerns. "What if she falls and hurts herself?"
8. **IRRITABILITY** that reduces patience, increases moodiness, and triggers negative reactions. "Leave me alone!"
9. **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks or affects memory. "I completely forgot about my appointment!"
10. **HEALTH PROBLEMS** begin to take their toll, both mentally and physically. "I can't remember the last time that I felt good."