10 Symptoms of Caregiver Stress

1. **DENIAL** about the disease and its effects on the person who has been diagnosed. “I know Mom will get better”

2. **ANGER** at the person with the disease, or others, or that people don’t understand what is going on. “If I have to explain this disease and its limitations one more time I am going to scream.”

3. **SOCIAL WITHDRAWL** from friends and activities that once brought pleasure. “I don’t care about getting together with friends anymore.”

4. **ANXIETY** about facing another day and what the future holds. “What happens when he/she needs more care than I can provide?”

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 a never ending list of concerns. “Can I meet his/her needs?”

8. **IRRITABILITY** leads to moodiness and triggers negative responses and reactions. “Leave me alone!”

9. **LACK OF CONCENTRATION** makes it difficult to perform familiar tasks. “I was so busy I forgot we had an appointment.”

10. **HEALTH PROBLEMS** begin to take their toll, both mentally and physically. “I can’t remember the last time I felt good.”