



Signs the Caregiver Needs Support Too

A gentle self-check for the person who keeps saying they are fine.

BODY AND ENERGY

- You feel tired even after sleeping, or you cannot get enough sleep because care tasks keep interrupting the night.
- Headaches, stomach issues, soreness, appetite changes, or getting sick more often are becoming normal.
- Small tasks feel unusually heavy.

MOOD AND PATIENCE

- You are more irritable, numb, tearful, or anxious than usual.
- You feel guilty whenever you rest.
- You are snapping at people or holding everything in because there is no room to fall apart.

CONNECTION AND IDENTITY

- You are avoiding calls, friends, family, hobbies, or faith/community activities because explaining everything feels like too much.
- You feel like you are becoming only a caregiver, not a whole person.

CARE TASKS FEEL UNSAFE OR IMPOSSIBLE

- You are afraid you will make a mistake because the plan is too complicated.
- Transfers, bathing, medication tracking, or behavior changes feel beyond what one person can manage.
- This is a signal to ask for more help, training, respite, or a care-team conversation.

ONE NEXT STEP THIS WEEK

- Ask one person for one specific kind of help: a meal, ride, phone call, errand, paperwork hour, or sitting visit.
- Schedule one support conversation for yourself: primary care, therapist, support group, respite program, faith/community leader, or benefits counselor.
- If anyone is in immediate danger, call local emergency services. In the U.S., call or text 988 for urgent mental health crisis support.

The caregiver is part of the circle. Support for you is not extra.

SOURCES CONSULTED

[CDC: Caregiving for Family and Friends](#) [MedlinePlus: Caregiver Health](#) [NIH News in Health: Coping with Caregiving](#)