



Caregiver Self-Assessment*

Signs of burnout/fatigue	Never	Sometimes	Frequently	Always
I can't fall asleep or I frequently wake up.				
I have a lack of energy during the day.				
I eat too much or too little.				
I am sick more often (flus, colds, headaches).				
I feel impatient or I am easily agitated.				
I feel guilty that I am not doing enough.				
I have trouble concentrating on everyday simple tasks.				
I am becoming more forgetful.				
I stopped doing activities I used to find enjoyable.				
I am more socially isolated from my friends and family.				
I feel sad or depressed.				
I feel anxious or worried.				
I have lost interest in doing things.				

If you checked "Frequently" or "Always" for any of the above, then it's time to seek help from a healthcare provider, or your local health and social service network—because you have to take care of yourself, too!

Building a support network is one of the most important ways to prevent burnout. It can be helpful to do an inventory of professional and family/friend supports that can help you with care tasks.

This checklist was created by Teva Canada, a global leader in generic and brand-name medicines. Get more information and resources for caregivers at [TevaCanada.com/Caregivers](https://www.TevaCanada.com/Caregivers).

* Not intended as a substitute for medical advice. Please consult your doctor if you are experiencing a health problem.

