



10 Signs of Caregiver Stress

1. Eating too much or eating too little, losing or gaining weight.
2. Having trouble falling asleep or waking up due to worry.
3. Forgetting to do chores or losing things.
4. Feeling pulled in too many directions.
5. An increase in headaches, backache or stomach upset.
6. Loss of productivity due to difficulty concentrating.
7. No time to relax or do pleasurable activities.
8. Putting on a brave front and not asking others for help.
9. Feeling resentful, angry or guilty.
10. Becoming irritable with the person you care for.



**SANDERS &
WARREN**

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