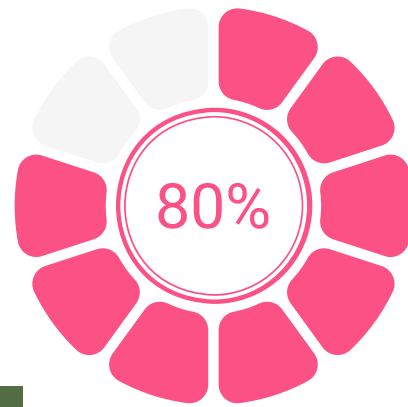


ALZHEIMER'S & DEMENTIA CAREGIVER BURNOUT:

You're Not Alone

SIMPLE WAYS TO EASE THE LOAD

Over 80% of dementia caregivers feel burned out.



If you're feeling worn down, it's not just you.

Why Burnout Happens.



-  Endless hours, no real breaks
-  Little to no outside help
-  Stress about future changes
-  Poor sleep, constant fatigue

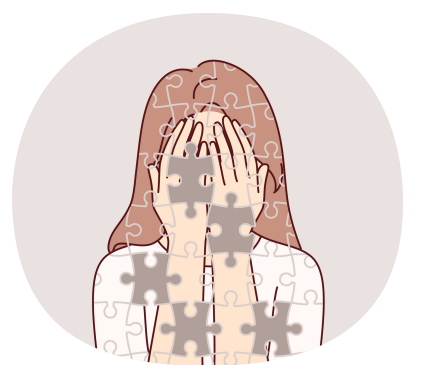
Signs of Burnout

-  Constant exhaustion
-  Feeling hopeless or overwhelmed
-  Easily frustrated or angry
-  Poor sleep patterns
-  No time for yourself



Emotional Impact

-  Guilt for feeling tired or resentful
-  Isolation from friends/family
-  Feeling like no one understands
-  Worry about "not being enough"



Small Ways to Ease the Load



-  Take mini breaks (even 2 minutes)
-  Ask for help from family or friends
-  Practice calm moments (prayer, breathing, music)
-  Eat small balanced meals to fuel your body
-  Connect with other caregivers for support



Where to Find Support

-  Join caregiver support groups
-  Talk with friends or family
-  Ask doctors for guidance
-  Explore online caregiver resources



Want more caregiver support?

-  Join our private Facebook Caregiver Support Group

<https://www.facebook.com/groups/alzheimersinyourhome>