

Caregiver Stress & Compassion Fatigue

Supporting someone else without disappearing from your own life and limits.

Caregiving can narrow life

Caregivers may experience exhaustion, guilt, grief, resentment, isolation, financial strain, role changes, and pressure to remain endlessly patient.

Warning signs

- You cannot remember the last time you had uninterrupted rest.
- You feel guilty whenever your own needs appear.
- Irritability or numbness is increasing.
- You are neglecting medical care, sleep, relationships, or work.
- You feel trapped but believe asking for help would be selfish.

Protect capacity

- Use respite or shared responsibility when available.
- Make requests that are specific enough for others to act on.
- Separate love from unlimited availability.
- Allow grief about the situation while still caring for the person.
- Seek caregiver groups or therapy when isolation grows.

Try this reflection

What responsibility could be shared, simplified, or done less perfectly?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.