



**10010 Kennerly Road  
St. Louis, Missouri  
(314) 525-7360**



## **Signs of Burnout**

- ❑ Irritability - You snap at people for small things; you lose patience easily.
- ❑ Withdrawal - You don't stay in touch with friends and activities like you used to.
- ❑ Fatigue - You are constantly tired and exhausted.
- ❑ Insomnia - You have a hard time getting to sleep, staying asleep or sleep restlessly.
- ❑ Apathy - You feel numb and must force yourself to do routine caregiver tasks.
- ❑ Appetite Changes - You eat more than you used to, or don't feel like eating anything.
- ❑ Increased Substance Use - The only relief you can get is from alcohol, drugs or smoking.
- ❑ Feelings of Guilt - You think you are not doing enough, or you feel resentment for the amount of work you are doing.

**If you recognize any of the above signs of burnout, please call us at (314) 525-7360.**

*Source: American Cancer Society*

*The information provided on this website is for educational/informational purposes only and is not intended to be used in place of professional services or medical advice. It is not a substitute for professional medical care. Please be sure to consult your healthcare provider with any concerns or problems.*