While we can’t spot all the signs and signals of caregiver stress, keep a watch for these common symptoms:

- Withdrawal
- Anxiety
- Anger
- Insomnia
- Changes in eating habits
- Lack of concentration
- Tardiness

What can I do?

- Talk to the person
- Ask, “Are you okay?” or “How can I help you?”
- Say, “I’m here for you, and I want to listen to what you have to say”
- Ask if you can help lighten their workload to help alleviate any potential stress
- Be supportive and empathetic and listen more than you talk
- Check-in on the individual
- Point the person to appropriate resources for help

Points to consider

- Those of us who have not yet found ourselves in a caregiver role and relationship may not understand the day-in and day-out financial, emotional, physical, spiritual, mental and societal impacts it may have on a person.
- Caregiving is something people will likely engage in at some point in their working lives.
- When we recognize the stressors in our everyday life, we can help improve our mental well-being. As a result, we can show up more energized at work, at home and in our communities.