

WELL BALANCED

- NOVEMBER 2025 -
National Family Caregivers Month

Preventing CAREGIVER BURNOUT

November is National Family Caregivers Month, honoring the 53 million people in the United States providing unpaid care.

While caregiving can be deeply rewarding, it can also be stressful. Watch for these warning signs of burnout, as outlined by the American Medical Association.

1. Constantly feeling worried or overwhelmed
2. Often feeling tired or having low energy
3. Sleeping too much or too little
4. Gaining or losing weight
5. Easily becoming irritated or angry
6. Losing interest in activities previously enjoyed
7. Often feeling sad
8. Frequently experiencing headaches, bodily pain, or other physical problems
9. Abusing alcohol or drugs, including prescription medications

If you or someone you know is a family caregiver, there are strategies that can be used to help prevent burnout, beyond recognizing the symptoms. Here are a few to consider.

- Prioritize your health—Rest, eat well, stay active, and seek professional support.
- Stay organized—Communicate clearly and track documents.
- Accept help—Share tasks and learn to say “yes” to help.
- Use resources—Consider adult day care, palliative care, respite care, and other options such as medical alert systems.

If you or someone you know is struggling with caregiver burnout, consider reaching out to a professional or utilizing an Employee Assistance Program (EAP) for additional support.

For more information on National Family Caregiver Month, refer to the **November Well Balanced newsletter** from the **Wellness Alliance**.

Reference the full newsletter for sources.

