



Caregiving Is Meaningful— But It Can Also Be Overwhelming

Common Signs Caregivers Need Support

Caring for a loved one—whether a parent, partner, child, or friend—is a profound act of compassion. But even the most committed caregivers can feel stretched too thin. It's common to put your own needs aside until your health, relationships, or work begin to suffer.

Signs You May Need Support

Emotional and Mental Strain

- Feeling constantly overwhelmed or hopeless
- Increased anxiety, irritability, or sadness
- Losing interest in activities you once enjoyed

Physical Fatigue or Health Problems

- Difficulty sleeping—or sleeping too much
- Frequent headaches, body aches, or illness
- Delaying or skipping your own medical care

Social Withdrawal

- Avoiding friends, coworkers, or social events
- Feeling isolated or misunderstood
- Struggling to communicate your needs

Difficulty Managing Responsibilities

- Trouble keeping up with obligations
- Letting household chores or finances slide
- Always feeling like there's not enough time

Changes in Mood or Behavior

- Becoming more irritable or impatient
- Feeling guilty when taking time for yourself
- Using food or other substances to cope

Decline in Caregiving Quality

- Forgetting medications or important tasks
- Feeling resentful toward others
- Making more mistakes or losing your temper

What You Can Do

Caring for others shouldn't come at the cost of your own well-being. If you see yourself in any of these signs, now is a good time to take action.

Start with One Step:

- Talk to a healthcare provider or counselor
- Join a local or virtual caregiver support group
- Reach out to the EAP for support
- Ask family members or friends for help

Don't Wait for a Crisis to Seek Help

Recognizing the warning signs early can help you stay healthy—and continue providing the care your loved one needs.

Taking care of yourself isn't selfish—it's essential. When you prioritize your own health, you're better able to care for the people who depend on you.

Reach out to the EAP or visit [EAP4YOU.com](https://www.eap4you.com) to learn more and find support.