



BlueCross BlueShield
of New Mexico



Prevent Caregiver Burnout

Currently 1 in 4 Americans are caregivers, supporting another person with everyday activities, medicines, appointments and other personal tasks. Caregiving can be both rewarding and stressful.

According to 2023 estimates from the National Alliance for Caregiving, 65.7 million Americans (or 29 percent of the U.S. adult population) served as family caregivers for an ill or disabled relative.

Well onTarget®

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Caregiver burnout is a state of physical, emotional and mental exhaustion that can happen when you dedicate time and energy to manage the health and safety of someone else.

Signs of caregiver burnout:

- Feeling hopeless, helpless or cynical
- Irritability, anger or frustration
- Loss of interest in activities you once enjoyed
- Constant fatigue and low energy
- Changes in sleep patterns
- Engaging in unhealthy behaviors
- Being sick more often
- Neglecting personal self-care
- Withdrawal from friends and loved ones

Many community resources are available for caregivers to reduce strain, including skills training and support groups.

Source: <https://www.cdc.gov/mmwr/volumes/73/wr/mm7334a2.htm>

If you notice these signs, talk to your doctor. Ignoring symptoms can cause your physical and mental health to worsen. By prioritizing your own health and wellbeing, you can more effectively care for others and prevent caregiver burnout.

To best care for others, I will do the following for myself:



- ☐ **Get moving.** Go for a walk while the person I care for is resting.



- ☐ **Reach out.** Call a friend or family member to talk about how I'm feeling.



- ☐ **Stay well.** Make and keep regular appointments with my doctor. Inform my doctor that I am a caregiver.



- ☐ **Maintain a routine.** Prioritize my to-do list.



- ☐ **Think positively.** Replace a negative thought with a positive one.



- ☐ **Meditate.** Dedicate time for relaxation and deep breathing.



- ☐ **Get plenty of sleep.** Set a regular bedtime.



- ☐ **Find things to be grateful for.** Create a daily gratitude list.



- ☐ **Eat a healthy diet.** Eat three healthy meals each day.



- ☐ **Stay socially engaged.** Connect with other caregivers for support and advice.

Are there other things you can do to prevent caregiver burnout?

For more health and wellness information, please visit the Well onTarget member wellness portal at wellontarget.com.