

# Tips to Avoid Burnout

## 1 Are you asking for help?

Asking for help is essential to prevent burnout.

By reaching out for help, caregiver can ensure better care for their loved ones while also taking care of themselves.



## 4 Social Activity

Socialization helps caregivers avoid isolation and reduce stress which allows for emotional recharge. Connection to friends and support networks helps with sense of life balance.



## 2 Join a Support Group

Support groups give caregivers a sense of community, reducing feelings of isolation. They provide a space to share experiences, gain advice and learn coping strategies from others. **YOU ARE NOT ALONE!**

## 5 Know Your Strengths

Knowing your strengths will help you approach challenges with confidence.

## 3 Stay Organized

Staying organized helps caregivers prevent burnout.

Organization also allows caregivers to set aside time for self-care, maintaining their own well-being in conjunction with fulfilling their daily caregiving duties.



## 6 Stay Connected

Staying connected provides for emotional support and will help with gaining assistance with caregiving responsibilities.

Strong family connections foster a sense of shared responsibility.