

# What are my symptoms of caregiver stress?

<b>Stress Symptoms Checklist</b>		
It is important to be aware of stress symptoms; left unchecked, they lead to stress-related illnesses. Make a check on the line next to any of the caregiver stress symptoms you experience.		
<b>Physical</b>		
<ul style="list-style-type: none"> <li>— Change in appetite</li> <li>— Change in weight</li> <li>— Eating junk food</li> <li>— Heavy drinking</li> <li>— Smoking</li> <li>— Drug abuse</li> <li>— Stomach problems</li> </ul>	<ul style="list-style-type: none"> <li>— Hyperventilation</li> <li>— Trembling</li> <li>— Muscle tension</li> <li>— Teeth grinding</li> <li>— Nail biting</li> <li>— Clumsiness</li> <li>— Stooped posture</li> </ul>	<ul style="list-style-type: none"> <li>— Restlessness</li> <li>— Chronic fatigue</li> <li>— Insomnia</li> <li>— Nightmares</li> <li>— Headache</li> <li>— Sexual difficulties</li> </ul>
<b>Emotional</b>		
<ul style="list-style-type: none"> <li>— Complaining</li> <li>— Crying</li> <li>— Guilt or shame</li> <li>— Irritability</li> <li>— Mistrust</li> <li>— Anxiety or panic</li> </ul>	<ul style="list-style-type: none"> <li>— Mood swings</li> <li>— Depression</li> <li>— Apathy</li> <li>— Inability to feel or express emotions</li> <li>— Grief or loss</li> </ul>	<ul style="list-style-type: none"> <li>— Vulnerability</li> <li>— Fear</li> <li>— Frustration</li> <li>— Anger</li> <li>— Loneliness</li> </ul>
<b>Mental</b>		
<ul style="list-style-type: none"> <li>— Indecisiveness</li> <li>— Difficulty concentrating</li> <li>— Forgetfulness</li> <li>— Preoccupation</li> </ul>	<ul style="list-style-type: none"> <li>— Wishing to return to life as it was before caregiving</li> <li>— Diminished creativity</li> </ul>	<ul style="list-style-type: none"> <li>— Boredom</li> <li>— Confusion</li> <li>— Negativity</li> <li>— Denial</li> </ul>
<b>Social</b>		
<ul style="list-style-type: none"> <li>— Isolation</li> <li>— Uncomfortable being alone</li> <li>— Sullenness</li> <li>— Defensiveness</li> </ul>	<ul style="list-style-type: none"> <li>— Quarreling</li> <li>— Tension in relationships</li> <li>— Dominating conversations</li> <li>— Withdrawing from conversations</li> </ul>	<ul style="list-style-type: none"> <li>— Lack of pleasure from experiences you usually enjoy</li> <li>— Blaming others</li> <li>— Nastiness</li> </ul>
<b>Occupational</b>		
<b>Caregiving work</b> <ul style="list-style-type: none"> <li>— Overwhelmed</li> <li>— Unprepared for tasks</li> <li>— Turned off by distasteful tasks</li> <li>— Difficulty making decisions/plans</li> </ul>	<ul style="list-style-type: none"> <li>— Feel no one understands</li> <li>— Carrying caregiving burdens alone</li> <li>— Conflict with other caregivers</li> </ul>	
<b>Employment/volunteer/home-based work</b> <ul style="list-style-type: none"> <li>— Worry about work during “off” hours</li> <li>— Coming to work late/leaving early</li> <li>— Less energy for, or interest in work</li> <li>— Being distracted; “there but not there”</li> </ul>	<ul style="list-style-type: none"> <li>— Lower than normal quality or productivity</li> <li>— Normal tasks are overwhelming</li> <li>— Absenteeism</li> <li>— Tardiness</li> </ul>	
<b>Spiritual</b>		
<ul style="list-style-type: none"> <li>— Doubt self-worth</li> <li>— Seeing life as meaningless</li> <li>— Hopelessness</li> </ul>	<ul style="list-style-type: none"> <li>— Loss of faith or ability to pray</li> <li>— Withdrawal from faith community</li> </ul>	<ul style="list-style-type: none"> <li>— Cynicism</li> <li>— Anger at God</li> <li>— Doubts about God</li> <li>— Asking, “Why me?”</li> </ul>