



# Caregiver Self-Assessment\*

Signs of burnout/fatigue	Never	Sometimes	Frequently	Always
I can't fall asleep or I frequently wake up.				
I have a lack of energy during the day.				
I eat too much or too little.				
I am sick more often (flus, colds, headaches).				
I feel impatient or I am easily agitated.				
I feel guilty that I am not doing enough.				
I have trouble concentrating on everyday simple tasks.				
I am becoming more forgetful.				
I stopped doing activities I used to find enjoyable.				
I am more socially isolated from my friends and family.				
I feel sad or depressed.				
I feel anxious or worried.				
I have lost interest in doing things.				

If you checked "Frequently" or "Always" for any of the above, then it's time to seek help from a healthcare provider, or your local health and social service network—because you have to take care of yourself, too!

\* Not intended as a substitute for medical advice. Please consult your doctor if you are experiencing a health problem.

## Produced by Teva Canada

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We are committed to working with our pharmacy partners to help make the care journey easier for you.

Visit [TevaCanada.com/Caregivers](https://www.TevaCanada.com/Caregivers) for more resources and support.

