

STEP 1: Know Your Risk - Impact

Think About How Caregiver Stress is Affecting You

Read through the list below. These are *possible* impacts of caregiver stress. Check those that apply to **you**. This is **your** list. If you know an impact for you that is not listed, write that down.

- I am not as healthy as I would like to be.
- I am sleeping too much or too little.
- My eating habits have changed.
- I am not able to exercise as much as I need or would like.
- I have been feeling depressed over the past few weeks.
- I don't enjoy doing the things that I used to enjoy doing.
- I feel anxious at times.
- I have trouble focusing or concentrating on tasks.
- I feel overloaded with caregiving tasks, or can't get done what I need to do.
- I could use/need more support from family or friends.
- I have disagreements with my friends and/or family.
- My finances are suffering.
- I'm often late to work, or have frequent absences, and am falling behind.
- Other: _____
- Other: _____