

Assess Your Stress

Caregivers experience stress on many levels. Unmanaged stress reduces the quality of our days, and can lead to serious health issues. Be aware of your stress level, and monitor the people and issues that affect it.

Ask yourself these questions to begin assessing your current stress level. Be aware that your stress level is dynamic, depending on circumstances.

1. Responsibilities to my job, family and to the loved one I am caring for are manageable.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

2. I have a lot of support in my role as a caregiver.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

3. I know how to provide the care needed for my loved one.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

4. I am able to balance my responsibilities with personal time.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

5. My relationships are productive and nurturing.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

6. I feel that my role as a caregiver is important.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

7. I find meaning in this time as a caregiver for my loved one.

1 2 3 4 5 1 = Strongly Agree 5 = Strongly Disagree

Score:

Look at the numbers you circled.

More 1s and 2s indicate that in these areas you are managing well.

More 4s and 5s indicate that there may be opportunities to put a plan in place that serves you better. You may want to ask for more help from family and friends, learn from other caregivers, or look for professional resources.

THE CAREGIVERKIT STRESS SCALE

