

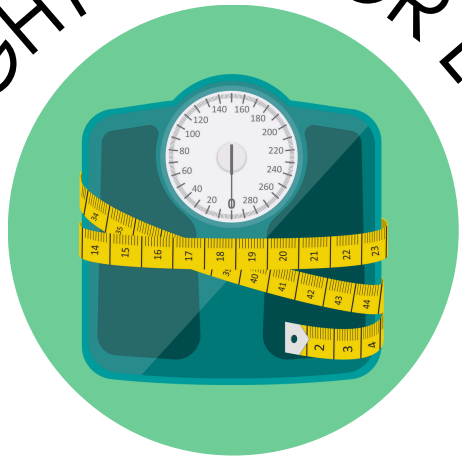
SIGNS & SYMPTOMS

of caregiver stress

FEELING OVERWHELMED



WEIGHT GAIN OR LOSS



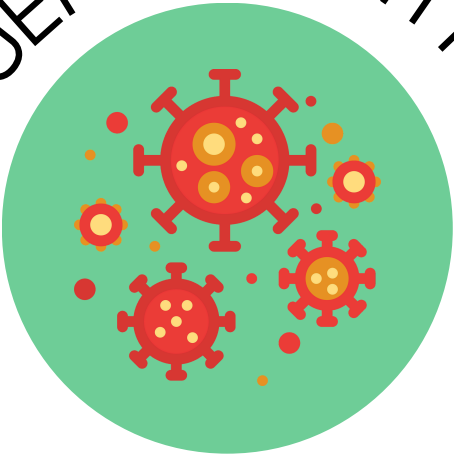
FEELING TIRED OFTEN



FEELING SAD



FREQUENT HEALTH ISSUES



EASILY IRKED OR ANGRY



WORRYING ALL THE TIME



MISUSING DRUGS OR ALCOHOL

