



# Recognize, prevent, and alleviate care partner burnout

Being a care partner is a rewarding experience that can feel overwhelming at times, which may lead to stress and burnout. You are not alone, we're here to help you protect against burnout over time.

## What is burnout?

Burnout is a form of exhaustion caused by feeling overwhelmed. Being a care partner is emotionally and physically exhausting. It's important that you take some time for yourself to enjoy fun activities and self-care.

## Recognize burnout

Some signs of burnout include:

- /// Fatigue
- /// Loss of interest in previously enjoyed activities
- /// Compassion fatigue
- /// Change in eating habits

## Take care of yourself

Making a commitment to self-care may reduce your risk for cardiovascular disease, lower your blood pressure, enable better sleep, and reduce stress.

## Prevent burnout

It's important for care partners to find time for themselves, to rest and recharge. These suggestions may help to prevent and respond to burnout.

### Schedule respite care

Respite care allows people doing home hemodialysis to continue their prescribed treatments in-center for a short period of time. Your home therapy nurse or social worker can help determine your options.

### Train a backup care partner

Backup care partners can help share responsibilities, allow for breaks when needed, and provide emotional support.

### Build a support network

Identify and involve friends and family you feel comfortable talking to and sharing or delegating responsibilities with when you feel overwhelmed.

### Join a support group

Many care partners find dialysis support groups to be a vital source of support, understanding, and information. You can find many online groups with members from across the country, and more local groups through state and local government agencies.

### Explore meditation

Meditating on a consistent basis, even for short periods, may help boost your mood and decrease symptoms of anxiety. There are several free meditation apps that provide guided meditation.

### Set goals

Start small, set daily goals, create a routine, and celebrate successes.

## Mindfulness and wellness tips

### Did you know...

**Music therapy has been shown to reduce anxiety in people doing dialysis, provide a mental distraction, and reduce muscle tension.<sup>1</sup> The benefits are universal, so give it a try yourself.**

**Laughter lightens your mental load and causes positive physical changes in your body.**

**Calming your mind through meditation can help you focus more, stress less, and increase self-compassion.**

**Performing small acts of kindness leads to increased energy, happiness, serotonin levels, and life span, while decreasing pain, stress, anxiety, and blood pressure.**

1. Kolpekwar J, Birewar S, Shanks M, Garcia S, Weber S. Effect of music therapy on dialysis patients: A Quality Improvement Project. 2022 National Kidney Foundation Spring Clinical Meeting.



### GET THE SUPPORT YOU NEED

If you have any questions or concerns, talk to your care team who are here for you.