

# The Anti-Burnout Checklist for Myasthenia Gravis (MG) Caregivers to Consider



Being an MG caregiver may feel challenging at times, so it's important to give yourself a little care too! Try this resource that aims to identify potential signs of burnout and keep a checklist of activities that may help you overcome it.

## COMMON SIGNS OF BURNOUT<sup>1,2</sup>

Make sure to stay mindful of the potential burnout symptoms below. In the event you feel any of these apply to you, check out the activity lists to the right for ideas that may help.

- Exhaustion
- Loss of interest in hobbies
- Feeling a lack of control
- Anxiety, depression or mood swings
- Higher susceptibility to getting sick
- Difficulty sleeping
- Irritability
- Changes in weight and/or eating habits
- Feelings of hopelessness

**Note that any of the listed symptoms could be signs of conditions other than burnout, so check with your healthcare provider if you experience them. If you or your loved one experience any signs of depression, it's important to contact your care team as soon as possible. If you experience thoughts of suicide, please call the National Suicide Prevention Lifeline at 800-273-8255 or dial 988.**

## ANTI-BURNOUT ACTIVITIES

Whether you're experiencing any of the common signs of burnout listed or just want to proactively take care of yourself, these activities may help alleviate burnout. Check off the ones you're interested in and/or capable of doing, and use the blank rows to add any ideas of your own. Try incorporating a few of the short-term activities in your daily routine and the long-term ones over the course of a week, month or longer!

### SHORT-TERM ACTIVITIES

- Go for a walk, run or bike ride
- Call a close friend or family member just to chat
- Listen to music
- Meditate
- Take a nap or rest your eyes for a bit
- Journal your thoughts (see potential prompts below)
  - What are three things you're grateful for today?
  - Describe your day and how it made you feel.
  - What's the most recent thing to make you laugh or smile?
  - Who do you feel most comfortable with and why?
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- \_\_\_\_\_
- \_\_\_\_\_

### LONG-TERM ACTIVITIES

- Plan a vacation or staycation
- Pick a book to read and set a goal for when you'll finish it
- Identify a few parks, nature preserves or other scenic areas and schedule time to visit them
- Pursue a new workout (difficulty level doesn't matter!) and keep a journal to track your progress
- Take a social media break over a set course of time—or if you're not on social media, set a daily screen time break
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- \_\_\_\_\_
- \_\_\_\_\_

## YOUR WEEK-BY-WEEK ANTI-BURNOUT PLAN

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Jot down the activities of your choosing in this weekly calendar. Feel free to print out as many copies as you like so you can re-use in the future or make tweaks as your preferences change!

SUN	
MON	
TUE	
WED	
THU	
FRI	
SAT	

References:

1. Signs of Caregiver Burnout and How to Prevent It. VITAS Healthcare website. Accessed July 15, 2022. <https://www.vitas.com/family-and-caregiver-support/caregiving/caregiver-life-balance/signs-of-caregiver-burnout-and-how-to-prevent-it>
2. Caregiver Burnout. Cleveland Clinic website. Updated January 13, 2019. Accessed July 15, 2022. <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>



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