

Caregivers' Cove

We noticed the tall order of caregiving comes with risks, even mental health issues.¹

Drained²

- Caregivers reported feeling drained from chronic stress.
- Those working may face burnout as an increasing trend at work.
- A survey shows that an estimate of 4 in 10 caregivers in Singapore have experienced mental health issues.

Prevention Is Better Than Cure

- Take good breaks to recharge yourself.
- Stay connected with a close one or professional worker.
- Identify any areas of discomfort or concern to work on.
- Get some advice, brainstorm ideas and make plans to manage your concerns.
- Update others on your situation to stay in touch.

Warning signs of burnout²

- Chronic fatigue
- Mentally disengaged
- Feeling numbed or negative towards personal responsibilities
- Struggles to complete regular duties.



Photo credit: Unsplash

1. "When Caregivers Burnout Who Care for Them?" <https://www.channelnewsasia.com/cnainsider/when-carers-caregivers-burnout-who-cares-them-ageing-elderly-876491>, 5 Aug 2022

2. "Why Burnout is Hitting Young People Hard", <https://stayprepared.sg/mymentalhealth/articles/why-burnout-is-hitting-young-people-hard/>, 5 Aug 2021

看护者港湾

我们发现艰巨的看护责任带有风险，精神健康上的问题也不幸免。¹

好累²

- 看护者投诉在压力下感到疲累。
- 有工作的在职场上更常见筋疲力尽。
- 调查显示，新加坡每10位看护者就有大约4位曾经历精神健康上的问题。

预防胜于治疗

- 好好歇息和充电。
- 和亲昵的人或专业人士保持联系。
- 确认什么不妥的方面需要处理。
- 让别人给你提议，想想点子，做些安排。
- 向别人报告您的状况，保持联络。

警惕疲惫的症状²

- 不断的疲惫感。
- 丧失注意力或不能集中
- 对个人的责任感觉麻木或反感。
- 有困难尽例常的职责。



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