

How am I feeling?

This exercise will allow you to identify your personal alarm signals. Learn to recognize them....

	Never	Almost never	Sometimes	Often	Most of the time
I have difficulty falling asleep or I wake often during the night.	0	1	2	3	4
I wake up tired or I lack energy to get through the day.	0	1	2	3	4
I have lost my appetite or I eat too much.	0	1	2	3	4
I am unwell more often than before (cold, flu, headache, etc).	0	1	2	3	4
I take more and more medication.	0	1	2	3	4
I have developed chronic health problems (hypertension, back pain, etc.).	0	1	2	3	4
I am irritable and impatient.	0	1	2	3	4
I do a lot, but nevertheless I feel guilty for not doing more.	0	1	2	3	4
I have difficulty concentrating (paying bills, reading, etc.).	0	1	2	3	4
I have a tendency to forget simple things (appointments, keys, etc.)	0	1	2	3	4
I have abandoned activities that I like.	0	1	2	3	4
I no longer have much contact with other people.	0	1	2	3	4
I have the impression I cry for nothing.	0	1	2	3	4
I feel sad and discouraged.	0	1	2	3	4
I am anxious about the situation of the person I care for and about the future.	0	1	2	3	4
I want to abandon everything.	0	1	2	3	4
Total :					

Interpretation of results :

Note : This questionnaire is not scientific and was conceived to give indicators only. It should not be used as the sole assessment of your state.

If you have a mostly 0's and 1's your situation is acceptable but you must be vigilant to ensure that things do not become more serious.

If you have a majority of 2's and 3's, it is possible that you are beginning to burn out. You may need to do something to diminish this.

If you have mostly 4's you are burnt out. Ask for help and think of yourself, while still caring for the other.

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Did you recognize yourself in any of the statements? It is important to pay attention to your barometer of physical and emotional fatigue.

If you feel overwhelmed, do not hesitate to consult a professional or to go get help. Is it time for you to take action and take care of yourself too?

- The test: « How am I feeling? » is translated from pages 13-14 of the « Guide d'accompagnement à l'intention des proches aidants du Conseil des aînés et des retraités de la MRC des Appalaches. »
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