



Emotional Exhaustion from Caregiving: Self-Care Tips for Christian Caregivers

Caring for a loved one is a beautiful expression of Christian love, but it can also leave you **emotionally exhausted**. If you are a caregiver running on empty, you're not alone. Many faithful caregivers struggle with fatigue, stress, and even a loss of joy in their walk with Christ. The good news is that *self-care isn't selfish—it's survival* ¹. In fact, taking care of your own well-being is a wise and biblical step that enables you to care for others better. This article will explore why caregiving can be so draining, and offer **self-care tips** – rooted in both Scripture and research – to help you regain strength and live joyfully in Christ even as you serve others.

The Toll of Caregiving: Why Exhaustion Happens

Caregiver Burnout Defined: *Caregiver burnout* is a state of physical, emotional, and mental exhaustion that results from the prolonged stress of caregiving ² ³. According to the Cleveland Clinic, burned-out caregivers often feel **fatigue, anxiety, depression, and withdrawal** from activities they once enjoyed ² ⁴. Over 60% of caregivers show symptoms of burnout in studies ⁵ – a testament to how common and serious this problem is.

Emotional and Spiritual Strain: Caring for someone daily can strain even the strongest faith. It's normal to experience feelings of **anger, guilt, or helplessness** at times ⁶. You might worry that needing a break means you lack faith or love. But remember that even biblical heroes grew weary under heavy burdens. Moses, for example, needed his arms held up by others when he grew too tired (Exodus 17:12). And the prophet Elijah, after a long struggle, was so exhausted he asked God to take his life – instead, God tenderly gave him rest and nourishment first (1 Kings 19:4-8). **Feeling drained does not make you a “bad” Christian; it makes you human.** Jesus Himself experienced fatigue and would withdraw to rest and pray (Luke 5:16, Mark 6:31).

Meanwhile, **caregivers often suffer in silence**. A recent AARP report noted that more than half of caregivers said their responsibilities increased their stress, worry, and anxiety levels ⁷. Many feel *alone* or invisible in their struggle. But the truth is, society is starting to recognize the heavy toll caregiving takes. One in five adults in the U.S. is a family caregiver, and supporting their well-being has become a public health priority ⁸ ⁹. In other words, **it's not “just you”** – this role is hard on almost everyone who takes it on.

Physical Impact – “Stress Damage”: Chronic stress from caregiving doesn't only affect emotions – it can hurt your body too. Research shows that long-term caregiving stress can weaken your immune system and even slow down healing. In one study, caregivers' wounds took **24% longer to heal** than those of non-caregivers ¹⁰ ¹¹. Caregivers also report getting sick more often; their immune defenses are literally worn down by stress ¹² ¹³. Exhausted caregivers may suffer headaches, high blood pressure, or sleeplessness ¹⁴ ¹⁵. Over time, lack of sleep and high stress hormones (like cortisol) increase the risk of health issues such as heart disease and depression ¹⁶ ¹⁷. **Burnout is not “all in your head” – it can have tangible**



medical effects. This is why taking steps to care for *your* health is non-negotiable if you are to continue caring for someone else.

Signs You May Be Burned Out: Caregiver burnout can creep up on you. You might be so focused on your loved one that you miss the warning signs in yourself ¹⁸ . Ask yourself: Are you feeling **constantly tired, emotionally numb or irritable**? Have you lost interest in things you used to enjoy? Are you withdrawing from friends or church? Has your sleep or appetite changed dramatically? Do you feel hopeless, or find yourself getting sick frequently? These can all be red flags of caregiver burnout ⁴ ¹⁹ . One caregiver described her experience this way: *"I didn't notice my caregiver fatigue at first... The fatigue built over the years, until eventually I found myself completely burnt out."* ²⁰ . If this sounds familiar, take it seriously. Burnout won't just "get better" on its own – **you need help and restoration**, which we will discuss next.

The Biblical Call to Rest (Yes, Even for Caregivers)

God cares about **your** well-being, not just the person you're caring for. The Bible is clear that while working hard in love is good, we are also commanded to rest. From the very beginning, God built a rhythm of rest into creation: *"By the seventh day God had finished the work he had been doing; so on the seventh day He rested from all His work"* (Genesis 2:2-3). God didn't need to rest, but He chose to, setting an example that we are not meant to run nonstop. One Christian counselor notes that *"we were made to work and commanded to rest,"* highlighting that a healthy life includes regular restoration by God's design ²¹ ²² .

Jesus reaffirmed this principle. He told His disciples who had been ministering tirelessly, *"Come with me by yourselves to a quiet place and get some rest"* (Mark 6:31). And He gave that beautiful invitation to all of us in Matthew 11:28: *"Come to Me, all you who are weary and burdened, and I will give you rest... you will find rest for your souls."* As a caregiver, you are surely "weary and burdened" – Jesus sees this and calls you to **come to Him for true rest**. That includes spiritual rest (trusting Him with your cares) but also the practical act of slowing down and spending rejuvenating time with Him.

Importantly, taking care of your own needs is part of being a good steward of the life God gave you. *"Love your neighbor as yourself,"* Jesus said – implying that it's normal and right to care for yourself, not to the exclusion of others but so that you can love others well (Mark 12:31). It is **not selfish** to attend to your health, energy, and spiritual renewal. In fact, it honors God when you acknowledge your human limits and rely on His strength. The Apostle Paul admits, *"I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me"* (2 Corinthians 12:9). In our caregiving context, that might mean admitting "Lord, I'm at the end of my rope – I need Your help and the help of others." When you do so, **God's power can work in and through you in fresh ways**.

Remember, **God never grows weary** (Isaiah 40:28) – but *we* do, and that's okay. *"He gives strength to the weary and increases the power of the weak"* (Isaiah 40:29). Part of how God strengthens the weary is by urging us to slow down and refresh. Observing a regular Sabbath rest, for example, is one way to worship God through trusting Him enough to pause work (Exodus 20:9-10). It's been said that **if you don't take a Sabbath, eventually the Sabbath will take you** – meaning, neglecting rest leads to breakdown. As a caregiver, you might feel "guilty" resting while your loved one still has needs. But consider this: if you collapse, who will care for them then? You are **far more effective and loving** when you're operating from a place of rest in God.



In summary, the Bible supports the idea that you **must care for yourself**. Your body is a temple of the Holy Spirit (1 Corinthians 6:19) – a gift to nurture, not run into the ground. And your soul needs time with the Lord. Even Jesus stepped away from the crowds to pray and recharge with His Father (Luke 5:16). **Embracing rest and self-care is a matter of both obedience and wisdom** for a Christian caregiver.

Self-Care Is Not Selfish – It’s Stewardship

It’s common for caregivers to feel that *“I can’t take time for myself; that would be selfish.”* You may have a servant’s heart that puts others first – which is admirable – but taking that to an extreme can actually backfire. As Christian counselor Megan Mattson puts it, **“self-care isn’t selfish—it’s survival.”** Ignoring your own needs doesn’t make you more loving; in fact, *“ignoring your own needs...makes you more at risk for burnout, depression, and physical exhaustion,”* she says ¹. In other words, running yourself ragged is not a sustainable way to love someone. It will catch up with you, and your ability to care will suffer.

Think of the **“oxygen mask” analogy** often cited in caregiving literature: on an airplane, you must put on your own oxygen mask before helping others with theirs. If you try to be the hero and skip your mask, you’ll black out and be unable to help anyone. In the same way, a burned-out caregiver can unintentionally become ineffective or even harmful. You can’t pour into someone else’s life when your own “cup” is bone dry. As one Christian health ministry advises, *“If you don’t care for yourself, you will be no good to anyone else. You are not being selfish by taking time for yourself; you are being healthy.”* ²³ Taking time for rest, renewal, and health is actually part of your **God-given responsibility**.

Reframe Your Perspective: Rather than viewing self-care as indulgence, see it as **stewardship of the gift of life** God gave you. Your body and mind are instruments to do God’s work – instruments that need regular tuning and oiling! Just as you wouldn’t run a car on empty or never service it, you shouldn’t guilt-trip yourself for basic maintenance of your well-being. In fact, the Bible teaches balance: *“Do not merely look out for your own personal interests, but also for the interests of others”* (Philippians 2:4). Note that it doesn’t say “never look to your own needs” – it says **“also”** look to others’ needs. This implies it’s expected you care for yourself *and* others, not others to the total exclusion of yourself.

By practicing healthy self-care, you are honoring the truth that you are **God’s beloved child**, not just a “caretaker machine.” God values you for who you are in Christ, not only for what you do for others. He invites you to come and rest, to cast your anxieties on Him *“because He cares for you”* (1 Peter 5:7). As Joni Eareckson Tada – a prominent Christian author who has been both caregiver and care receiver – reminds us, caregiving is a way of serving God, but it can be “full of joy and blessings” only when we have a strong scriptural foundation and remember God’s care for us ²⁴ ²⁵. One of those scriptural foundations is that **God cares for the caregiver** and does not expect you to run on fumes. *“God is not unjust; He will not forget your work and the love you have shown”* (Hebrews 6:10). He sees every sacrifice you make. But He also whispers to you that *you* are worth care and love.

So, give yourself permission to recharge – without guilt. See it as obeying Jesus’s command to *“come aside and rest,”* and as an investment that will allow you to continue fulfilling your precious calling in the long run. With that mindset in place, let’s look at some **practical self-care strategies** you can start implementing even in a busy caregiver’s schedule.



Practical Self-Care Strategies for Caregivers

Restoring your strength – physically, emotionally, and spiritually – will require intentional changes. It might feel strange at first to prioritize your needs, but remember, it's like refilling your oil so your lamp can keep burning. Here are several **practical self-care tips** and strategies to help combat emotional exhaustion from caregiving. These suggestions blend wisdom from health experts, experienced caregivers, and biblical principles. **Start with one or two that seem most feasible**, and build from there:

- **Ask for Help and Accept Support:** *You were never meant to do this alone.* Even if it feels like “no one is knocking on the door to help,” there are people and resources out there ²⁶. Swallowing pride and asking for help can be hard, but it's critical. Talk openly with family members about what they can take on – even small tasks like handling groceries or sitting with your loved one for an hour. Reach out to your **church community** as well; let them know you are struggling. Many churches have care ministries or volunteers willing to provide meals, visits, or respite care if they know the need. **Support groups** can also be a lifesaver. Consider joining a local caregiver support group or an online forum where you can share with others who understand. Sometimes just talking with others in the same boat, and hearing their ideas, will lighten your burden (Galatians 6:2). Remember, even Jesus had Simon of Cyrene carry His cross part of the way – *we all need help* when loads are heavy.
- **Take Regular Breaks (Respite Care):** No matter how compassionate you are, you *must* have breaks. Continuous caregiving without respite leads to faster burnout. If possible, arrange for **respite care** on a regular basis. This could mean asking a friend or relative to stay with your loved one for a few hours each week while you rest. It might involve using adult day care programs or in-home care services occasionally so that you can have a day off. Don't let guilt stop you – *“taking a break can be one of the best things you do for yourself and the person you're caring for,”* notes the Mayo Clinic ²⁷ ²⁸. When you return from a break, you'll likely be more patient and loving. Even mini-breaks during the day matter: step outside for 10 minutes of fresh air, or sit quietly with a cup of tea and a devotional. **Schedule downtime** for yourself as non-negotiable, the same way you schedule your loved one's doctor appointments. Your mind and body need to recharge, just as a phone needs recharging, so build in those charging moments.
- **Set Boundaries and Learn to Say “No”:** Many caregivers struggle with feeling that they have to do **everything**. You might fear that accepting outside help or saying no to additional tasks is a personal failure. It's not. Setting healthy boundaries is both wise and biblical. Moses had to learn this when his father-in-law Jethro warned him that trying to handle all the people's needs alone would wear him out (Exodus 18:17-18). Identify what your personal limits are – and respect them. This might mean saying “no” to non-essential obligations or to family members who demand more of you than you can give. **Prioritize** the critical caregiving tasks and let other less important things go (or delegate them). It's okay if the house isn't spotless or you skip some social engagements. As Mayo Clinic experts advise, *“No one is a perfect caregiver... Focus on what you can do”* and accept that you can't do it all ²⁹ ³⁰. By trimming the excess obligations, you free up time to care for yourself and your loved one better. Setting boundaries also means carving out a protected time each day or week that is just for **you** (and your immediate family if applicable). Guard that time. Even Jesus withdrew from the crowds at times, saying no to constant demands – we can follow His example.
- **Prioritize Sleep, Nutrition and Exercise:** These basics are often the first to suffer in caregiving. You may be up at odd hours tending to someone, grabbing fast food on the run, or too drained to

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



exercise. Yet *basic physical self-care is foundational* to coping with stress. Make sleep a priority – **7-8 hours** if at all possible. If your loved one's needs frequently interrupt your nights, see if a friend or relative can do an overnight shift occasionally, or talk to a doctor about strategies (for example, treating the care receiver's nighttime agitation or using respite). Lack of sleep not only fuels exhaustion but also depression and immune problems ¹⁶. Likewise, try to eat balanced meals and stay hydrated. Your brain and body need quality fuel, especially under stress. If cooking is too time-consuming, accept meals from others or use healthy meal delivery services. And though it seems counterintuitive when you're tired, **regular movement or exercise** will actually increase your energy over time and improve your mood. Even a 20-minute walk or some stretching can relieve tension. Consider this: the Apostle Paul called our bodies the "temple of the Holy Spirit" – caring for your physical health is a way to honor God (and equip yourself for service). Small steps like taking a multivitamin, doing a short fitness video at home, or going to bed by 10pm can yield big improvements in how you feel day-to-day. Don't ignore your own medical needs either – keep up with your doctor appointments and preventive care ³¹ ³². Tell your physician you're a caregiver; they may have specific advice or resources.

- **Maintain Your Spiritual Life: Your soul needs care** just as much as your body. In seasons of busyness and stress, it's easy to let personal prayer, Bible reading, and church involvement fall by the wayside. But those are precisely the things that can re-center you and renew your hope. *"Spending time in God's Word and prayer should be priorities in this season,"* one burned-out caregiver learned ³³. Even if you can only snatch a few minutes of quiet time, make it meaningful – meditate on a comforting scripture each morning, or listen to an audio Bible or worship music while caregiving. Many caregivers say that **worship music** or hymns playing softly in the background can calm both them and the person they care for. Replace some screen time with reading an uplifting devotional or Christian book that feeds your spirit. *"Make healing habits of prayer, Bible and inspirational reading, music, and fellowship,"* advises Focus on the Family's caregiving guide, underscoring how these practices bring peace ³⁴. Also, stay connected with your church or small group if you can – even if you can't attend in person, maybe a friend can come pray with you at home, or you join a Bible study via phone/Zoom. Jesus said, *"Where two or three gather in My name, I am there with them"* (Matthew 18:20). Don't isolate yourself spiritually; let the Body of Christ minister to you. Remember that **the Lord is your ultimate caregiver** (*"Cast all your anxiety on Him because He cares for you,"* 1 Peter 5:7). Pouring out your heart to God in prayer, journaling your burdens, and reflecting on His promises will lighten the load on your heart. As you care for your loved one's needs, let **God care for your needs** – through His Word, His presence, and His people.

- **Stay Connected and Nurture Relationships:** One common sign of burnout is withdrawing from friends, family, and activities ³⁵ ³⁶. Loneliness will amplify exhaustion. Make an effort to **stay socially connected** in whatever ways you can. Schedule a regular phone call or coffee with a friend, even if it's brief. Invite a church member over just to chat or pray. If you can't get out much, ask friends to come visit you (many people may not offer because they "don't want to intrude," but would gladly come if you initiate). Talking with others can provide emotional release and remind you that life exists beyond caregiving. Also, try to keep up at least one hobby or interest that is *just for you*. Whether it's reading, gardening, crafting, or watching a favorite show, give yourself permission to enjoy things that make you feel like *yourself*, not only a caregiver. Maintaining your own identity and interests is not trivial – it helps prevent resentment and keeps you psychologically healthier ³⁷ ³⁸. Laughter and fun are great medicine (Proverbs 17:22), so if possible, spend time with people who



make you laugh or activities that lift your mood. Even a short break with friends can “reset” your emotional state and give you renewed patience when you return to caregiving.

- **Practice Stress-Reduction Techniques:** Incorporating some basic **stress management** can build your resilience. Deep breathing exercises, for example, can activate your body’s calming “rest and digest” response – try inhaling deeply for 4 seconds, holding 4 seconds, exhaling 6-8 seconds, a few times in a row when you feel anxiety rising. Some caregivers find help in practices like gentle yoga, stretching, or progressive muscle relaxation to release tension (and there are Christian yoga or relaxation videos if you prefer a faith-based approach). **Journaling** is another proven tool: writing down your thoughts and feelings for even 10 minutes a day can reduce stress and improve mood ³⁹ ⁴⁰. It helps you process emotions and can become a form of prayer on paper. Additionally, don’t underestimate the power of **thankfulness** – try jotting down 3 small “gratitudes” each day (1 Thessalonians 5:18). Cultivating gratitude has been shown to boost mental health, and it aligns our hearts with God’s goodness even in trial. Lastly, consider simple relaxation routines, like a warm bath with epsom salts, a leisurely walk in nature while observing God’s creation, or a few minutes of silence in the middle of the day to reset. These are not luxuries; they are coping strategies that help purge stress from your system before it causes overload.
- **Consider Professional Help (Counseling or Medical):** Sometimes the burden and emotional weight of caregiving reach a point where professional help is very valuable. **Christian counseling** or therapy can provide a safe space to vent feelings, learn coping skills, and get an outside perspective on your situation. A trained counselor can help you work through guilt, grief, or anger in a healthy way, and guide you in setting up boundaries and self-care routines. As RockBridge Counseling notes, therapy gives you “a safe space to voice frustration and sadness without judgment” and tools to manage stress and prevent burnout ⁴¹ ⁴². Don’t hesitate to speak to a pastor or Christian counselor if you’re feeling overwhelmed – asking for that kind of help is not a sign of weak faith, but of wisdom. **Support groups** (either peer-led or professionally led) are another avenue; many find great comfort in knowing they’re not alone in their feelings.

Additionally, if you are facing symptoms of clinical depression or anxiety (such as persistent sadness, hopelessness, panic attacks, etc.), it may be appropriate to consult a medical professional. There is no shame in this. Sometimes caregivers develop conditions like major depression or severe anxiety disorders due to chronic stress – these are health issues that might require treatment, just like an infection or blood pressure problem. **Modern medicine, including antidepressant or anti-anxiety medications, can be a Godsend** in such cases. Taking medication for your mental health is not a lack of faith; it’s a *wisdom issue*. The Gospel Coalition notes that deciding to use medicine is rarely a moral right-or-wrong – rather, *“the question to ask is, ‘What is best and wise?’”* ⁴³. If a period of counseling or medication helps restore your ability to function and find joy, that is a blessing from God – one that can go hand-in-hand with prayer and spiritual support. Many Christians find that medicine can lift the physical symptoms enough for them to more readily engage with God and loved ones again ⁴⁴. Just as you wouldn’t refuse a cast for a broken bone, don’t refuse mental health treatment if you need it. Pray for God’s guidance, seek counsel from trusted doctors or pastors, and remember that **every good gift, including medical wisdom, ultimately comes from God** (James 1:17).

- **Release Guilt and Embrace Grace:** Finally, be kind to yourself. Caregivers often carry a lot of **guilt** – feeling that they’re never doing enough, or feeling bad if they enjoy themselves while their loved one suffers. You may even harbor resentment at times (which then makes you feel guilty as a Christian



for having those feelings). Recognize that these emotions are human and very common. What's important is to not get stuck in a loop of guilt or shame. God's grace covers you, and He knows your heart is to do good. If you have made mistakes or if impatience has gotten the better of you on a hard day, take it to the Lord, ask forgiveness, and then forgive *yourself*. It's also possible you need to **forgive others** – maybe other family members who aren't helping, or even the person you care for if their behavior has hurt you. Unforgiveness can weigh down your soul and add to emotional exhaustion ⁴⁵. Jesus invites us to forgive “seventy times seven” (Matthew 18:22) – essentially, without limit – because holding onto bitterness will poison us. Ask God to help you let go of resentments, and consider speaking with a counselor or pastor if you have deep anger or hurt. Releasing those burdens will free up emotional energy and bring you peace (Ephesians 4:31-32). Remember, **God's mercies are new every morning** (Lamentations 3:23); each day is a fresh start. You don't have to carry yesterday's failures into today. Accept the grace of God for yourself just as you readily preach it to others.

These strategies may seem like a lot to do, but you can start small. Even one or two changes – like getting a bit more sleep, or having a friend come by on Tuesdays, or reading a psalm each morning – can start to refill your tank. The key is consistent habits of self-care, backed by the truth that doing so is part of God's plan for you and your loved one's ultimate good.

Finding Purpose and Joy Again

When you're worn out, it's hard to remember why you started caregiving in the first place. But take a moment to reflect on the **value of what you're doing**. Caring for someone in need is a tangible way of living out Christ's love. Jesus said that *whatever we do for “the least of these,” we have done for Him* (Matthew 25:40). Your labor of love is noticed by God and it matters. Many caregivers, despite the hardship, later speak of a **deep sense of purpose and blessing** in having been there for their loved one. In one survey, caregivers reported that helping a family member gave them a sense of *purpose and pride* in life ⁴⁶. Try to reconnect with that purpose: you are honoring God by honoring your father/mother/spouse/friend in their time of need.

That said, your identity and joy must ultimately come from your relationship with **Jesus Christ**, not solely from the caregiving role. When we make caregiving our entire identity, we ride a rollercoaster of emotions depending on how that job is going each day. But when we root our identity in being God's beloved child, we gain an anchor that holds through the storms. Take time to nurture that primary relationship – let Jesus fill you with His peace and joy. He promises *“the joy of the Lord is your strength”* (Nehemiah 8:10). Joy might seem like a distant memory right now, but God can restore it. Sometimes it returns in small glimmers – a sweet moment of laughter with your loved one, a sunrise that reminds you of God's creation, a kind word from a friend. Notice and cherish those moments. They are God's little gifts to sustain you.

Also, consider the legacy of faith you are modeling. Those around you (your children, church members, even the care recipient if they're able) see Christ-like love in action through your sacrifice. Yet, by also modeling **healthy self-care and trust in God**, you teach them an important lesson: that Christians can serve others zealously *and* humbly accept help and rest, acknowledging our dependence on God. You're showing that our strength comes from Christ, not from superhuman effort. *“Even youths grow tired and weary... but those who hope in the Lord will renew their strength”* (Isaiah 40:30-31). Your hope is in the Lord, and He will renew you as you implement these steps and lean on Him.



In practical terms, as you get the respite and support you need, you'll likely find your **emotional reserves growing**. You may start to notice yourself feeling more patient, more compassionate again, and even experiencing moments of gratitude and contentment in the caregiving journey. Perhaps you'll resonate with the testimony of Susan, a caregiver who, after finding support, said she moved "from surviving to thriving in Christ" in her caregiving life ⁴⁷ ⁴⁸. Thriving doesn't mean it's easy – it means you have found the rhythms of grace to sustain you. With God's help, emotional exhaustion can give way to *endurance*, and bitterness can turn back to *love*.

Conclusion

Dear caregiver, there is hope. Emotional exhaustion from caregiving is very real, but it is not the end of your story. By embracing self-care as a God-given gift rather than an indulgence, you open the door to renewed strength. The Bible encourages us not to "grow weary in doing good" (Galatians 6:9) – but when we inevitably do grow weary, we must seek refreshment from the Lord and the resources He provides. Take to heart Jesus's invitation to come and rest. Implement some of the practical tips – reach out for help, get some rest, nourish your body and soul – and do so **without guilt**, knowing that God wants to refresh you.

As you care for your loved one, *remember that God is caring for you*. He sees every unseen act of kindness you perform. He also sees your tears and your tired nights. *"The Lord is near to the brokenhearted; He saves those who are crushed in spirit"* (Psalm 34:18). Allow Him to minister to you through His Spirit, His Word, and His people. You are not failing by needing help; you are simply acknowledging that you're a limited human who serves an unlimited God. In fact, your willingness to pause and be refilled is an act of faith that **God will carry what you cannot**.

In the end, refreshed in body and renewed in spirit, you will be better equipped to continue the beautiful ministry of caregiving. You'll be able to say, like the psalmist, *"He restores my soul"* (Psalm 23:3). May the Lord restore your soul indeed – giving you new measures of peace, strength, and even joy as you implement these self-care practices. Your caregiving journey is a marathon, not a sprint. Run it with endurance by pacing yourself and fixing your eyes on Jesus (Hebrews 12:1-2). Lean on Him and others for support. Take care of yourself, as one loved by God. And know that **your labor in the Lord is not in vain** (1 Corinthians 15:58) – both you and your loved one are safely held in His hands.

You are not alone, and you are deeply loved. May God bless you and renew you as you faithfully care for others and also care for the precious life He's given you.

References

1. Cleveland Clinic – *Caregiver Burnout: What It Is, Symptoms & Prevention*. Describes caregiver burnout as "a state of physical, emotional and mental exhaustion" and notes studies show over 60% of caregivers experience burnout. Accessible at: [Cleveland Clinic – Caregiver Burnout](#)
2. Medi-Share (Christian Care Ministry) – *"When caregiving becomes more than you can handle"* (Nov 24, 2023). A caregiver's personal story of burnout and tips to combat it, including seeking support and prayer. Available at: [Medi-Share Blog – Caregiver Burnout](#)
3. AARP (Jo Ann Jenkins) – *"The Emotional Toll of Being a Caregiver"* (Nov 3, 2023). CEO of AARP discusses caregiver stress, with statistics (over half report increased stress/anxiety) and the need for support (48 million unpaid caregivers nationwide). Source: [AARP – Emotional Toll of Caregiving](#)



4. Centers for Disease Control and Prevention – “*Changes in Health Indicators Among Caregivers — United States, 2015–2016 to 2021–2022*” (MMWR, Aug 2024). Reports that caregivers have worse health indicators (e.g. higher depression rates) than non-caregivers, and recognizes caregiver well-being as a public health priority (one in five adults is a caregiver). Available at: [CDC MMWR – Caregivers Health Indicators](#)
 5. Kiecolt-Glaser et al., *Psychosomatic Medicine* (1987) – “*Chronic stress and immunity in family caregivers of Alzheimer’s disease victims.*” A classic study showing that caregivers had weakened immune function; e.g. caregivers’ wounds healed **24% slower** than controls, indicating stress impairs physical healing. (Summary accessible via NIH: [PubMed Abstract](#))
 6. LifeSpring Counseling – “*A Refreshing Take on Burnout and Fatigue: A Christian Perspective.*” Emphasizes that humans have God-given limits and need rest, citing Genesis 2:2-3 and Matthew 11:28-29 as biblical foundations for rest. Source: [LifeSpring Counseling Blog](#)
 7. RockBridge Counseling – “*You Can’t Pour from an Empty Cup: Why Self-Care Is Essential for Caregivers*” (Megan Mattson, June 20, 2025). Christian mental health perspective; contains the quote “*self-care isn’t selfish—it’s survival*” and explains how neglecting self-care leads to burnout. Reference: [RockBridge Counseling – Caregivers and Self-Care](#)
 8. Focus on the Family – “*Caregivers Need to Care for Themselves as Well.*” Offers self-care advice for caregivers from a Christian viewpoint, urging “healing habits of prayer, Bible reading, music, and fellowship,” and encouraging seeking help in the community. (Focus on the Family website, Get Help section). Accessible at: [Focus on the Family – Caregivers Self-Care](#)
 9. The Gospel Coalition (Justin Taylor, ed.) – “*How Should Christians Think about Taking Medicine for Depression?*” (2018, citing Ed Welch). Affirms that using psychiatric medication is a matter of wisdom, not a moral failure of faith, and can be accepted as a helpful tool while still trusting God. Quote: “From a Christian perspective, the choice to take medication is a wisdom issue... ask, what is best and wise?” Source: [TGC – Christians and Antidepressants](#)
 10. Joni Eareckson Tada – “*A Biblical Perspective on Caregiving*” (Joni and Friends Blog, Feb 16, 2023). Offers encouragement that caregiving is a calling from God that can be full of joy and purpose. Lists scriptures for caregivers and reminds that God sees and rewards the love caregivers show (Hebrews 6:10). Reference: [Joni and Friends – Biblical Perspective on Caregiving](#)
-



1 41 42 You Can't Pour from an Empty Cup: Why Self-Care Is Essential for Caregivers

<https://rockbridgecounseling.org/news/caregivers/>

2 4 5 6 35 Caregiver Burnout: What It Is, Symptoms & Prevention

<https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>

3 20 23 26 33 45 When caregiving becomes more than you can handle

<https://www.medishare.com/blog/caregiver-burnout>

7 46 The Emotional Toll of Being a Caregiver

<https://www.aarp.org/advocacy/jo-ann-jenkins-emotional-toll-caregivers-2023/>

8 9 Changes in Health Indicators Among Caregivers — United States, 2015–2016 to 2021–2022 | MMWR

<https://www.cdc.gov/mmwr/volumes/73/wr/mm7334a2.htm>

10 11 The Impact of Psychological Stress on Wound Healing: Methods and Mechanisms - PMC

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3052954/>

12 13 14 19 36 37 38 39 40 Caregiver Burnout: How to Cope — NAN: Navigating Aging Needs

<https://nanforcaregivers.com/resources-blog/caregiver-burnout>

15 16 17 18 27 28 29 30 31 32 Caregiver stress: Tips for taking care of yourself - Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

21 22 A Refreshing Take on Burnout and Fatigue: A Christian Perspective — LifeSpring Counseling Services in Maryland

<https://lifespringcounseling.net/blog/burnout-and-fatigue-christian-perspective>

24 25 47 48 A Biblical Perspective on Caregiving | Joni and Friends

<https://joniandfriends.org/posts-by-joni/a-biblical-perspective-on-caregiving/>

34 Caregivers Need to Care for Themselves as Well

<https://www.focusonthefamily.com/get-help/caregivers-need-to-care-for-themselves-as-well/>

43 44 How Should Christians Think about Taking Medicine for Depression?

<https://www.thegospelcoalition.org/blogs/justin-taylor/christians-think-taking-medicine-depression/>