



Appreciating COPD Caregivers

by NEWLIFEOUTLOOK TEAM

Avoiding COPD Caregiver Burnout

Caring for someone with COPD isn't easy. Physical exhaustion paired with the heartbreak of seeing your loved one struggle to take each breath is bound to lead to caregiver burnout.

As well as the tips listed below for preventing burnout, remember that talking to someone who understands about your struggles as a caregiver can be a huge help. Consider talking to a therapist or a fellow COPD caregiver to express your feelings of loss, frustration, resentment, anger or guilt. Keeping these perfectly normal feelings bottled up can be damaging to your mental health, and your ability to provide the best care you can.

Also remember that it's not selfish to take a break — it's healthy. Taking time to relax and recharge makes you a happier, more effective caregiver.

Read our COPD caregivers infographic below to learn more about caregiving and avoiding burnout.

