



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Burned Out as a Caregiver?

10 questions for those caring for an ill or elderly family member

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Burned Out as a Caregiver?

This screener helps you understand if you are experiencing caregiver burnout. Answer honestly to get a clearer picture of your current well-being.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- I feel exhausted, even after resting.
- I feel resentment towards the person I am caring for.
- I feel guilty about feeling resentful.
- I am neglecting my own health needs.
- I have lost touch with my personal life and relationships.
- I feel trapped in my caregiving role.
- I grieve for the person I used to be before becoming a caregiver.
- I feel anxious about the future of my caregiving situation.
- I sometimes experience compassion fatigue, feeling emotionally numb.
- I find it difficult to ask for or accept help from others.

Score: Count the number of 'Yes' answers. This will indicate your current level of caregiver burnout.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Managing

You are managing your caregiving role well with minimal signs of burnout. Continue prioritizing self-care.

SCORE: 4-6

Mild Burnout

You are experiencing some early signs of burnout. It is important to start implementing self-care strategies.

SCORE: 7-8

Moderate Burnout

You are showing moderate signs of caregiver burnout. Seeking support and making lifestyle adjustments is highly recommended.

SCORE: 9-10

Severe Caregiver Burnout

You are experiencing severe caregiver burnout. Please reach out for professional support immediately to address your well-being.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, caring for yourself is not selfish; it is essential for you to continue providing care. Explore small, sustainable self-care practices that fit into your routine.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated with you the most, and why?

2. What is one small step you can take today to address your needs?

3. Who is one person you can talk to about how you are feeling?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments: A Daily Practice

Learn simple mindfulness techniques to reduce stress.

₹199

2

Building Resilience Toolkit

Develop coping strategies for challenging times.

₹99

3

Emotional Well-being Guide

Understand and manage your emotions effectively.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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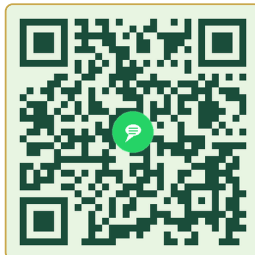
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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224