



Caregiver Burnout

When caring for someone means forgetting yourself

An illustrated guide for parents, caregivers and families

Ticcami | La Tourette e Me

www.latouretteeme.it

CAREGIVER BURNOUT

When caring for others means forgetting yourself



DO YOU RECOGNISE YOURSELF?

- ? Do you feel **tired** all the time?
- ? Do you get **angry more easily**?
- ? Do you feel you **never do enough**?

! If these questions sound like your everyday life, **you are not alone.**



Burnout often **starts quietly**, day after day, until your energy runs out.

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WHAT IS PARENTAL BURNOUT?



Burnout does not mean you love your child less. It means **you have used up your available energy.**



It is a state of **emotional, physical and mental exhaustion** caused by prolonged, constant stress.



Remember: **you are not alone.** Asking for support and recognising your limits is a **sign of strength, not weakness.**



Burnout can grow when you **put yourself last every day.**

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YOU ARE NOT A BAD PARENT



GUILT

You feel guilty if you ask for help or take a break.



ANGER AND FRUSTRATION

You react strongly when you are completely exhausted.



SHAME

You think other parents are doing better than you.



INADEQUACY

You feel you are never doing enough.

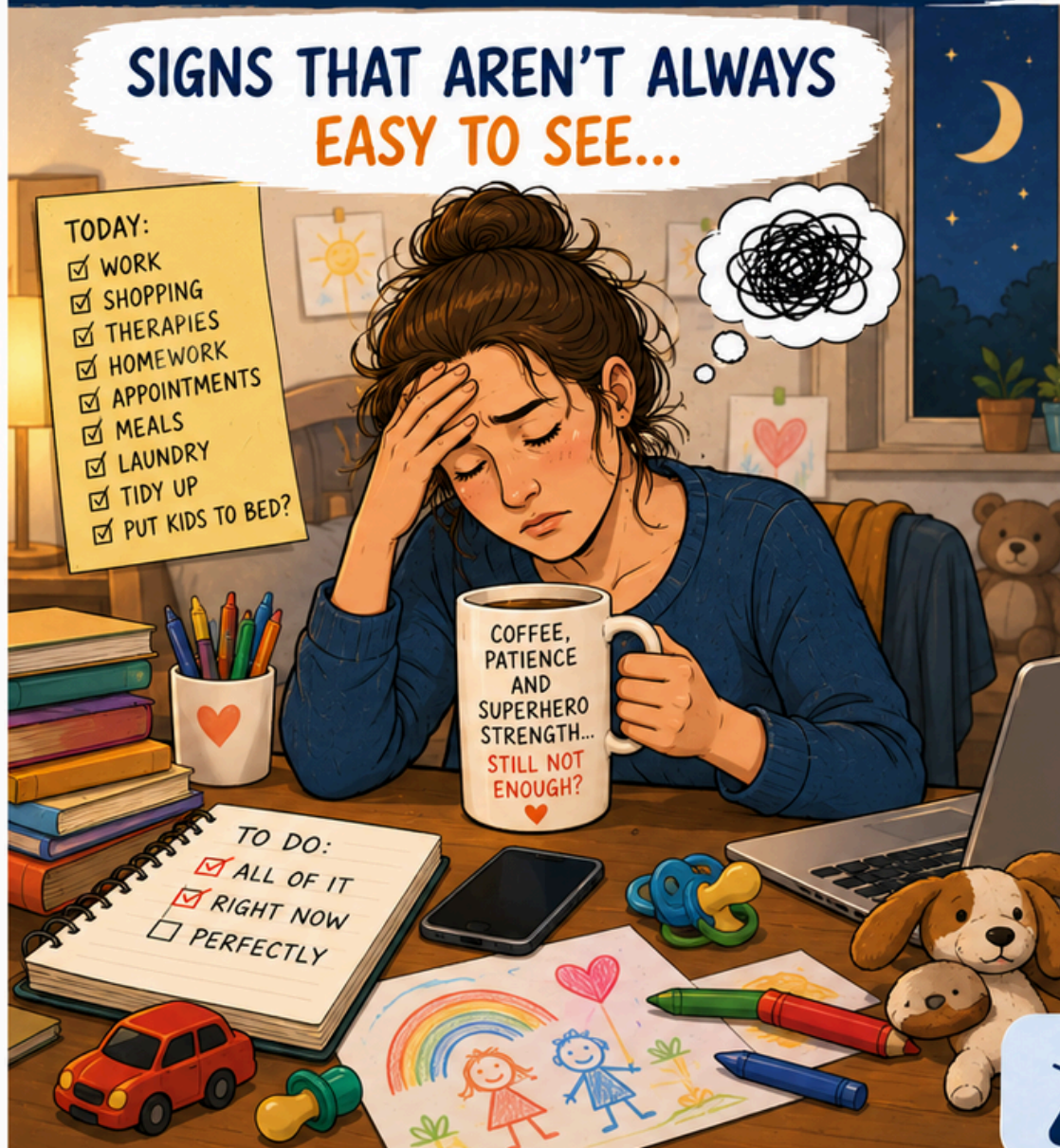


These feelings are **common**, not exceptional.
Acknowledging them is an act of care.

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SIGNS THAT AREN'T ALWAYS EASY TO SEE...



SIGNS OF PARENTAL BURNOUT



CONSTANT FATIGUE

You are always exhausted, even after resting.



IRRITABILITY AND NERVOUSNESS

Small things make you lose your patience.



DIFFICULTY CONCENTRATING

Your mind feels crowded and making decisions is hard.



SADNESS AND FEELING EMPTY

You feel overwhelmed, sometimes without knowing why.



FEELING OVERWHELMED

The daily load seems too much to manage.



EMOTIONAL DISTANCE

You feel detached, as if running on autopilot.



Recognising the first signs can help you seek support **before exhaustion deepens.**

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**TOURETTE AFFECTS
THE WHOLE FAMILY,
NOT JUST THE PERSON
WHO HAS TICS.**

I'M
EXHAUSTED...

WHAT
WILL
HAPPEN
TOMORROW?

TIC!
TIC!

SCHOOL
MEETINGS
WITH TEACHERS

THERAPIES
SPEECH THERAPY
PSYCHOLOGIST
NEUROPSYCHIATRIST

APPOINTMENTS
TESTS
PAPERWORK

HOMEWORK
STUDY
CHECKS

ONE DAY
AT A TIME

TO DO:
☑ WORK
☑ SHOPPING
☑ APPOINTMENTS
☑ SPORTS
☑ MAKE DINNER
... AND ME?

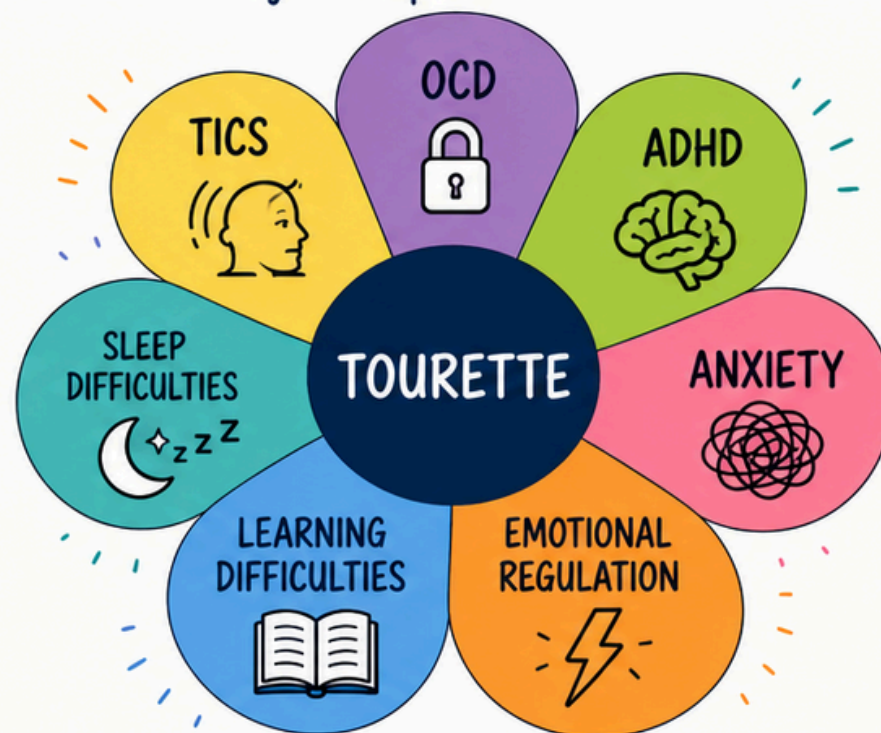
GUILT
☹

PLANTS
CRYING
CRISIS

BREATHE

TOURETTE IS MORE THAN TICS

Tourette syndrome affects the whole family,
not just the person who has tics.



Every symptom has an impact.

The whole family may need understanding,
patience and practical support.

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WHEN MUM AND DAD ARE NO LONGER
ON THE SAME TEAM,
EVERYONE FEELS THE STRAIN.

I CAN'T DO
THIS ALONE
ANYMORE!

I'M ALREADY
DOING
SO MUCH!

THINGS TO DO:

- ☒ therapy
- ☒ school appointments
- ☒ sport
- ☒ homework
- ☒ meals
- ☒ doctor visit
- ☒ housework
- ☒ shopping
- ☒ ...

CONSEQUENCES:

- more stress
- more tension
- more fatigue
- less quality time
- more isolation

GOAL:

WORK
TOGETHER
FOR A BETTER
WELLBEING
FOR ALL



Breathe
One step
at a time



CONFLICT BETWEEN PARENTS INCREASES
THE EMOTIONAL BURDEN ON EVERYONE,
ESPECIALLY THE CHILDREN.

No one has to be perfect. We just need to be on the same team.

WHY IS TEAMWORK SO IMPORTANT?



The family needs to **communicate**
and **support** one another.



Facing the same challenges together
makes everyone feel **less alone**.



Teachers can make a real difference
when they **understand** and **collaborate**.



A support network brings **relief**
and **shared responsibility**.



SMALL ACTIONS, BIG DIFFERENCE:

- ✓ **Listen**, ask what is needed.
- ✓ **Share tasks**.
- ✓ Agree on **practical solutions**.



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IS IT MY FAULT? THE TRAP OF GUILT

IF I WERE
A BETTER
PARENT...

I SHOULD
BE ABLE TO
HANDLE
ALL OF THIS...

OTHER PARENTS
SEEM TO
MANAGE IT.
I DON'T.

I'M
LETTING
THEM DOWN...

I'M NOT
PRESENT
ENOUGH...

I BREATHE.
ONE STEP
AT A TIME.

TODAY I WILL...

- ☒ Be kind to myself
- ☒ Take a break
- ☒ Accept that it's hard
- ☒ Ask for help if I need it
- ☒ Value the small moments

I am
doing my
best



FEELING GUILT IS COMMON, BUT IT IS NOT USEFUL.
Recognising it is the first step towards **setting yourself free**.

THE TRUTH IS... THERE ARE NO PERFECT PARENTS



A sense of guilt is **part of love**,
but it should not become a permanent
punishment.



Guilt does not change what has
already happened.
It can become **an opportunity to learn**.



Remember you cannot control
everything.
Tourette is **not your fault** and neither
is every difficult day.



Forgive yourself.
Every day offers **another chance**
to **begin again**.



If guilt overwhelms you,
seek support.
You **deserve help** too.



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ACCEPTING DOES NOT MEAN GIVING UP.

It means acknowledging reality
and learning to manage it.



ACCEPTANCE IS A DAILY CHOICE



KNOW REALITY

Accept what you cannot change and
focus on what you **can do today**.



SHIFT YOUR FOCUS

You cannot change everything,
but you can **choose how to respond**.



FOCUS ON WHAT IS GOOD

Small moments of peace, affection
and progress **matter**.



ASK FOR AND ACCEPT HELP

You do not need to handle
everything **alone**.



EVERY SMALL STEP COUNTS

You do not need to do it all.
One step at a time **is enough**.



Every small step matters.

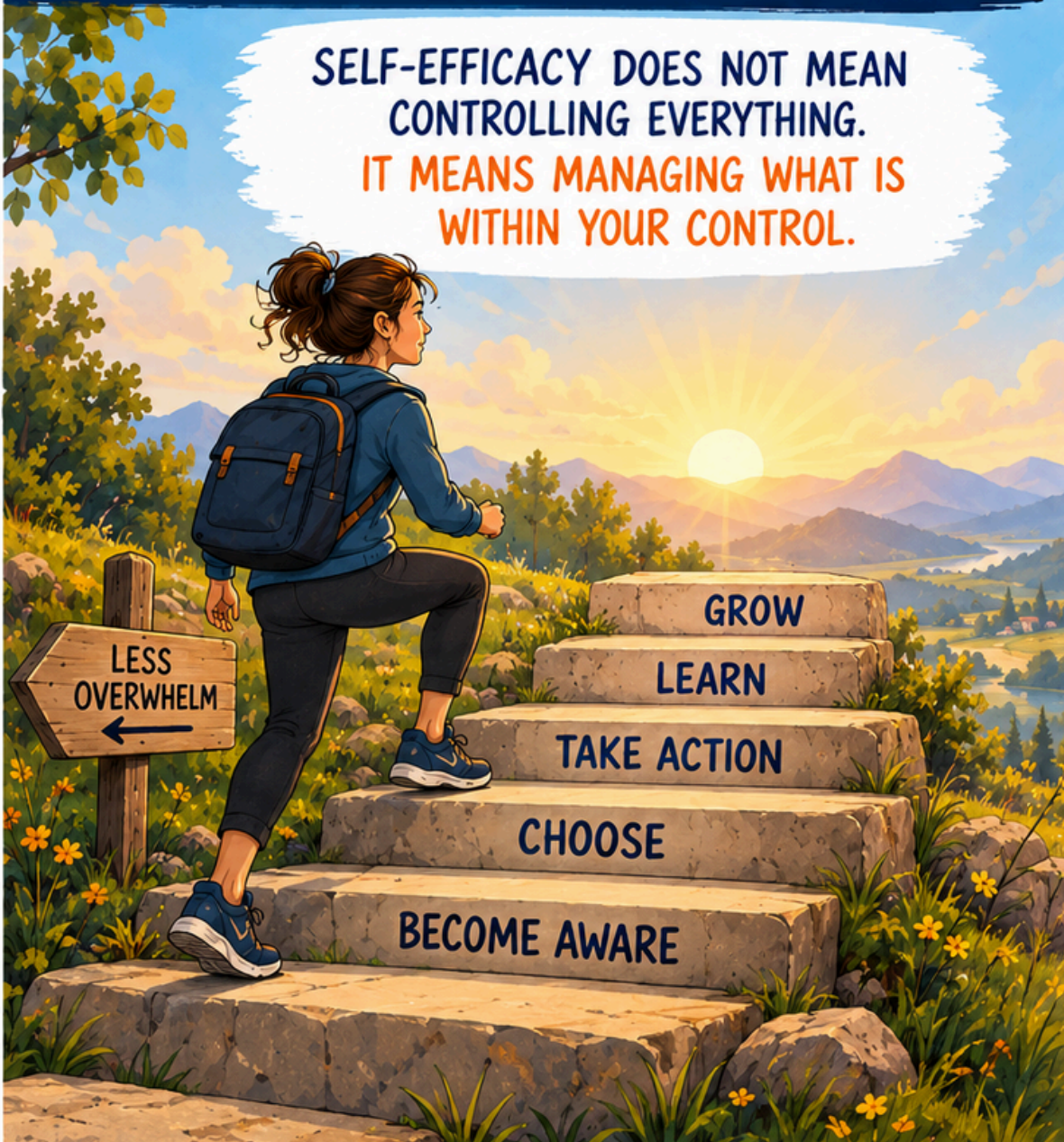
It does not have to be perfect, it just has to be yours.



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SELF-EFFICACY DOES NOT MEAN
CONTROLLING EVERYTHING.
IT MEANS MANAGING WHAT IS
WITHIN YOUR CONTROL.



SELF-EFFICACY: SMALL STEPS MAKE A DIFFERENCE



BELIEVE IN YOUR WORTH

What **you do matters**, even when
no one notices.



FOCUS ON WHAT YOU CAN INFLUENCE

Not everything is in your hands,
and **that is okay**.



SET REALISTIC GOALS

Small achievable goals
build confidence.



CELEBRATE LITTLE SUCCESSES

Every positive step deserves
recognition.



ASK FOR HELP AND BUILD ALLIANCES

You do not have to face
every challenge **alone**.



YOU ARE MORE THAN YOUR WORRIES

Your identity is **not defined only**
by being a caregiver.

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HEALTHY BOUNDARIES

PROTECT YOU AND THE PEOPLE YOU LOVE

Boundaries do not protect you from the people you love.
They protect you for them.



BOUNDARIES ARE NOT WALLS, THEY ARE FILTERS.

They let in what is good and keep out what drains you.

Clearer boundaries today, healthier relationships tomorrow.



HOW TO SET HEALTHY BOUNDARIES

Practical steps to protect your well-being and keep healthy relationships.



SHARE YOUR LIMITS

Explain what you can do and **what is too much**.



LEARN TO SAY NO

No is a complete and **legitimate** answer.



TAKE TIME FOR YOURSELF

Even **small breaks** matter.



COMMUNICATE CLEARLY

Say what you need **without guilt**.



ASK FOR AND ACCEPT SUPPORT

Sharing responsibilities is **not failing**.



YOU ARE NOT ALONE

Build a **support network** for difficult days.



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YOU ARE NOT ALONE.
ASKING FOR HELP IS A SIGN OF STRENGTH.



A solid support network lightens the burden and strengthens all members of the family.



Remember: taking care of yourself is not selfish, it is responsible love.
When you feel better, your family feels better.



BUILD A SUPPORT NETWORK: PRACTICAL STEPS



1. IDENTIFY PEOPLE YOU CAN COUNT ON

Think about who can offer **listening**, **practical help** or **companionship**.



2. COMMUNICATE YOUR NEEDS

Be clear about **what you need** and **when**.
People want to help, but they need to know how.



3. SHARE THE LOAD

Involve others in everyday tasks.
Even **small gestures** make a big difference.



4. KNOW THE RESOURCES AVAILABLE

Find out about **services**, **support groups**, **associations** and **professionals**.



5. SCHEDULE TIME FOR YOURSELF

Include quality time for yourself in your week that **recharges you** and helps you feel better.



A STRONG NETWORK
SUPPORTS YOU TODAY
AND PROTECTS YOU
TOMORROW.

Taking care of your network
now helps you take care of
yourself in the future.

WHERE TO FIND HELP

- ✓ GP and specialists
- ✓ Local health and social services
- ✓ Caregiver associations
- ✓ Self-help groups
- ✓ Institutional websites and information portals

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YOU DON'T HAVE TO DO THIS ALONE.
THERE ARE RESOURCES.

Asking for help is a sign of strength.
There are people and services ready to listen.



YOU ARE NOT ALONE.

A small step today can make a difference tomorrow.
You matter. Your wellbeing matters too.



USEFUL RESOURCES

Where to find support



Tourette Italia

National helpline and
information support.

Available
7 days a week



Local Associations

Local and national caregiver associations
can offer listening and support groups.



Support Groups

Sharing experiences can help you
feel understood and less alone.



Do Not Isolate Yourself

Seeking contact, webinars or meetings
can make a difference.



Reliable Online Resources

Choose trustworthy, clearly identified
sources.



Specialised Centres

Qualified professionals and specialist centres
can provide guidance and assistance.



Asking for help is not a sign of weakness.
It is a way of taking care of yourself.



ASK FOR HELP. It is not weakness, but love and responsibility.
Taking care of yourself helps you continue taking care of the people you love.



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YOU DO NOT HAVE TO BE PERFECT



You do not need to have
every answer.



You do not need to win
every battle.



You do not need to be
perfect.



Sometimes being a good caregiver
simply means being there.
One day at a time.



Every small step
counts.

And you are not alone.
We are here for you.



THANK YOU FOR EVERYTHING YOU DO.

Your love and commitment make a difference every day.
Take care of yourselves, so you can continue taking care of the people you love.

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