

## Carers Need Care

Many caregivers experience a great deal of satisfaction in their role. Caregivers report receiving benefits such as increased self-confidence, recognition, and gratitude from their care recipients.

Undeniably, being a caregiver is a demanding and difficult occupation. Caregivers regularly put the needs of their patient first while putting their own needs on hold. Unfortunately, this often leads to an excessive stress on the caregiver which can result in caregiver burnout and decreased quality of care.

The Cereset Colorado Springs office specializes in carer-specific issues. Call today to find out more on how we support you or someone you love.



## Location

7660 Goddard Street  
Colorado Springs, CO 80920  
(I25 @ Woodman Rd)

719.249.3663

## Email

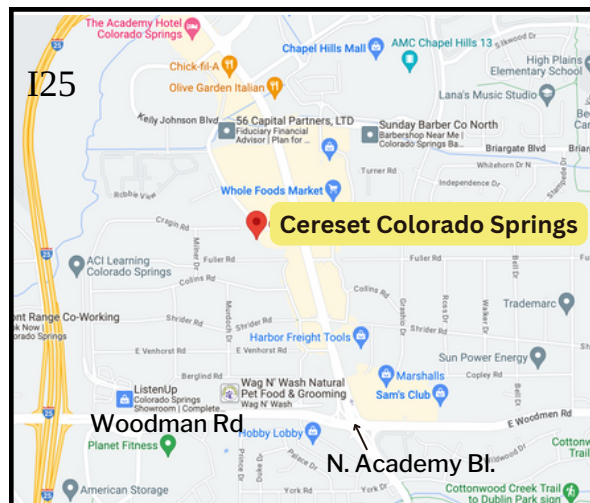
[info@coloradosprings.cereset.com](mailto:info@coloradosprings.cereset.com)

## Website

[cereset.com](http://cereset.com)  
[coloradosprings.cereset.com](http://coloradosprings.cereset.com)



*Balance begins here.*



## Caregiver Burnout

Restoring balance  
with Cereset®



719.249.3663



## Caregiver Burnout

Caregiving can cause a strain on physical, emotional, psychological, financial, spiritual, and social aspects of caregivers' lives. This strain may be due to the substantial amount of time they spend caring for patients and the unpredictability of patient schedules. Over 80% of caregivers experience some level of sleep deprivation and anxiety. Frequent symptoms of caregiver burnout include:

- Depression
- Worry
- Anxiety
- Cognitive Decline
- Fatigue
- Poor Sleep
- Headaches
- Weight loss or Gain
- Resentment and Anger

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Studies show that Caregiver “burnout, and especially emotional exhaustion, is significantly associated with depression and low subjective health”

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## Cereset®

Cereset (Cerebrum+Reset) uses non-invasive technology to support the brain to relax and reset itself. Brainwaves read via scalp sensors are translated in real time to audible tones immediately heard by the client. The brain responds to its own brain echo by relaxing, creating new neural networks and dismantling dysfunctional patterns.

In achieving self-regulation, the brain can relieve caregiver burnout symptoms. Cereset has the highest efficacy of any brain-based therapy. It is safe, effective and drug-free.

## How it works



Scan the QR code with your smartphone to watch a 2 minute video about Cereset's technology.

## Session Length

Cereset begins with a package of five 1.5 to 2-hour long sessions. These are spaced 1 to 2 times a week based on client-specific criteria. Most clients notice positive change as early as the second session. Follow-up sessions may be recommended based on client outcomes and objectives.