

Caregiver Self-Care Checklist

Daily Self-Care

- ☐ I ate balanced meals and stayed hydrated
- ☐ I took at least 15–30 minutes for myself (rest, hobby, quiet time)
- ☐ I moved my body (walk, stretch, exercise)
- ☐ I practiced deep breathing or a calming technique
- ☐ I acknowledged my emotions without guilt
- ☐ I asked for help or accepted support when needed
- ☐ I took my medications/supplements as prescribed
- ☐ I got 7–9 hours of sleep or made time for rest

Emotional & Mental Well-being

- ☐ I checked in with how I'm feeling today
- ☐ I gave myself permission to feel joy, frustration, sadness, or peace
- ☐ I spoke kindly to myself (no negative self-talk)
- ☐ I talked with a friend, therapist, or support group
- ☐ I took a break from caregiving without guilt
- ☐ I reminded myself: **"I am doing the best I can."**
- ☐ I expressed gratitude for one thing today

Spiritual Support (Optional for Faith-Based Caregivers)

- ☐ I spent time in prayer, meditation, or devotion
- ☐ I read scripture or inspirational material
- ☐ I attended a faith-based service or connected spiritually with others
- ☐ I reflected on purpose and leaned into my faith for strength
- ☐ I spoke affirmations over myself and those I care for
- ☐ Scripture of the Day:

Practical Self-Care

- ☐ I scheduled personal health appointments (dental, medical, etc.)
- ☐ I organized finances or caregiving documents
- ☐ I asked for and accepted help with tasks (groceries, errands)
- ☐ I created or reviewed my backup caregiving plan
- ☐ I limited social media/news intake if it felt overwhelming
- ☐ I scheduled personal care appointments (massage, hair, nails, etc.)

Weekly/As Needed Check-in

- ☐ Did I connect with a hobby or interest I enjoy?
- ☐ Have I laughed or done something fun this week?
- ☐ Am I holding resentment, guilt, or burnout signs?
- ☐ Do I need respite or outside caregiving support?
- ☐ Am I practicing compassion—for myself and others?

Reminder:

You cannot pour from an empty cup. Prioritizing your well-being is not selfish—it's essential.

Affirmation:

"I am worthy of rest, joy, and care. I am not alone in this journey."

