

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."

