

CAREGIVER SELF CARE CHECK LIST



Self care is not a checklist you have to complete perfectly. Rather, this checklist is to help you identify where you may need more support or if you are neglecting yourself to the point of potential burnout.

My emotional needs

- ☐ I have someone I can talk with.
- ☐ I have time to process my feelings.
- ☐ I have something I look forward to.
- ☐ I can experience difficult emotions.
- ☐ I know when I need more support.

My basic needs

- ☐ I am getting enough rest.
- ☐ I am eating regularly.
- ☐ I am drinking enough water.
- ☐ I take my medicine as prescribed.
- ☐ I have taken care of my health.
- ☐ I am getting some movement or physical activity when I can.

My support network

- ☐ I know who I can ask for practical help.
- ☐ I have accepted help from someone.
- ☐ I have shared caregiving when possible.
- ☐ I know where to find information.
- ☐ I have someone who can give me a break when I need one.

My boundaries

- ☐ I know what I can realistically manage.
- ☐ I can say no when necessary.
- ☐ I communicated my needs to my network.
- ☐ I have a plan for situations that overwhelm me.

