Caregiver Compass Academy

www.caregivercompassacademy.com

Caregiver Self-Care Check-In

Taking care of yourself is a vital part of taking care of others. This self-assessment helps you track your energy and stress levels, making it easier to see when it's time to reach out for support or schedule a much-needed break.

RATE EACH FROM 1–5 (1 = LOW, 5 = HIGH)	
Energy level:	
Stress level:	
Sleep quality:	
Emotional wellbeing:	
Support system:	

DAILY LIVING SUPPORT	SELF-CARE ACTIONS
☐ Constant exhaustion	☐ Schedule personal time
☐ Feeling overwhelmed	☐ Ask for help
☐ Irritability	☐ Join a caregiver support group
☐ Isolation	☐ Talk with a professional
☐ Neglecting personal health	☐ Take breaks