



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

- Constant exhaustion
- Feeling overwhelmed
- Irritability
- Isolation
- Neglecting personal health

SELF-CARE ACTIONS

- Schedule personal time
- Ask for help
- Join a caregiver support group
- Talk with a professional
- Take breaks