

Grief in Motion: A Weekly Self-Check for Caregivers

Reflect. Reset. Keep moving with grace.

Instructions

Take 5-10 minutes to sit with this check-in. You don't have to have the right answers—just honest ones. Use it weekly, monthly, or when everything feels heavy.

1. Where am I in the Caregiver Grief Arc right now?

- ☐ **The Shift**
- ☐ **Care Creep**
- ☐ **The Pause**
- ☐ **The Fog**
- ☐ **Reconstruction**
- ☐ **Revealed**

2. What's one emotion that feels loud today?

3. Have I been naming or holding that emotion?

- ☐ **Naming it**
- ☐ **Avoiding it**
- ☐ **Not sure what to do with it**

4. What is one thing I've been doing well?

5. What do I need more of right now?

- ☐ **Rest**
- ☐ **Help**
- ☐ **Time alone**
- ☐ **Encouragement**
- ☐ **Boundaries**
- ☐ **Faith reminders**
- ☐ **Something else: _____**

6. What's one truth I need to remind myself of this week?

Grief Isolates - Healing Connects