

Journal Prompts-Caregivers

Recognizing the Impact of Caregiving

1. How do I feel emotionally, physically, and mentally today?
2. What aspects of caregiving bring me joy, and what aspects feel the most draining?
3. How has caregiving changed my life and daily routine?
4. In what ways do I feel appreciated for the care I provide? In what ways do I feel unseen?
5. What are the signs that I'm becoming overwhelmed or burned out?

Exploring My Needs & Boundaries

6. When was the last time I prioritized my own needs? How did it feel?
7. What are three things I need more of to feel supported in my caregiving role?
8. How do I set (or struggle to set) boundaries with the person I'm caring for or others?
9. What guilt do I carry about taking time for myself, and how can I challenge it?
10. If I had a full day off from caregiving, how would I spend it?

Coping with Stress & Burnout

11. What are my biggest sources of stress as a caregiver?
12. What are three small ways I can recharge, even on difficult days?
13. How do I currently manage my stress, and what strategies might help me better?
14. What do I wish others understood about the challenges of caregiving?
15. How can I ask for help or delegate responsibilities when I need support?

Reconnecting with Myself

16. What activities or hobbies bring me joy, and how can I make time for them?
17. How has caregiving impacted my sense of identity?
18. What personal dreams or goals have I put on hold, and how can I reconnect with them?
19. If I could write a letter to my future self, what advice or encouragement would I give?
20. How can I remind myself that my well-being matters just as much as the person I'm caring for?

Finding Strength & Gratitude

21. What is one thing I did well as a caregiver today?
22. What are some moments of connection or love I've experienced in my caregiving role?
23. What are three things I am grateful for today, even if they are small?
24. How has caregiving helped me grow as a person?
25. What is one kind thing I can do for myself this week to nurture my well-being?