

CAREGIVER WELL-BEING: HOME PLAN



1. CHOOSE 1-2 STRATEGIES FOR THE WEEK

- Quck Resets
- Small Moments
- Emotional Support
- Mindset Shift
- Body Movment

2. WHEN WILL I DO THIS?

- Morning
- During a break
- After bedtime
- When I'm stressed

3. DID YOU TRY IT?

- Yes
- No
- Not yet

4. HOW DID IT FEEL?

- Helpful
- A little helpful
- Not helpful yet

5. WILL YOU KEEP USING IT?

- Yes
- Maybe
- I will try something different