

Caring for You, Too

A Wellness Workbook for Caregivers



Weekly Caregiver Check-In

Take a moment to pause, reflect, and care for yourself

How am I feeling this week?

1	2	3	4	5	6	7	8	9	10
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NOT SO GOOD

GREAT

What went well this week?

what challenged me?

My self-care actions this week were...

What I want to improve next week

Who helped me / who I helped

My Care Team Planner

I am not alone, I have support.

MY CARE TEAM (DOCTOR, NURSE, PHARMACIST, ETC.)		
Name	Role	Contact
KEY HEALTH INFO FOR LOVED ONE		
Doctor		
Medication(s)		
Emergency Plan		
MY SUPPORT NETWORK (FAMILY/FRIENDS WHO CAN HELP WITH MEALS, ERRANDS, EMOTIONAL SUPPORT, ETC.)		
Name	Contact	
RESOURCES TO EXPLORE (WEBSITES, LOCAL PROGRAMS, FINANCIAL HELP, ETC.)		

Your Caregiver Self-Care Toolkit

Choose at least one thing to do for YOU this week

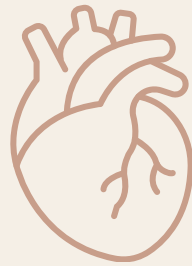


Mind

Journal for 10 minutes

Talk to a friend

Read something uplifting



Body

Take a walk

Stretch

Eat something fresh



Spirit

Pray

Meditate

Laugh out loud

Rest without guilt

Write your self-care promise for this week:

Daily Planner

TODAY'S PRIORITIES

MY SELF CARE GOALS

CARE TASKS

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MOTIVATION

TODAY'S SUPPORT (WHO CAN I CALL FOR HELP)

NOTES / REFLECTIONS

