Caring for You, Too

A Wellness Workbook for Caregivers

BlackDoctor



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

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

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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/FRIENDSWHOCANHELPWITHMEALS,ERRANDS,EMOTIONALSUPPORT, ETC.)	
Name	Contact

RESOURCES TO EXPLORE (WEBSITES,LOCALPROGRAMS,FINANCIALHELP, ETC.)

Your Caregiver Self-Care Toolkit

Choose at least one thing to do for YOU this week

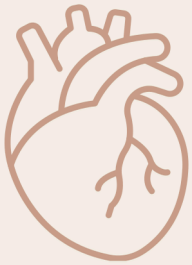


Mind

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:

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Daily Planner

TODAY'S PRIORITIES

MY SELF CARE GOALS

CARE TASKS

○	
○	
○	
○	
○	
○	
○	

MOTIVATION

TODAY'S SUPPORT
(WHOCAN I CALLFORHELP)

NOTES / REFLECTIONS