

Caregiver Self-Care Checklist

Your well-being matters too.

- ☐ Drink water
- ☐ Eat something nourishing
- ☐ Take medication or vitamins if needed
- ☐ Step outside or open a window
- ☐ Stretch for two minutes
- ☐ Take five quiet breaths
- ☐ Ask for help or accept support
- ☐ Celebrate one small win today
- ☐ Rest without guilt when possible
- ☐ Speak kindly to yourself

Today I will give myself permission to:
