



SELF-CARE CHECKLIST

*Reminder: You don't need to do everything.
Even one small act of self-care is a step toward
balance.*

DAILY

- I got at least 5 minutes of quiet time alone
- I ate something nourishing.
- I took a few deep breaths or stretched.
- I spoke to another adult (friend, family, group)
- I said something kind to myself

WEEKLY

- I got outside (even briefly)
- I did something just for me — a hobby, show, book, or walk.
- I shared my feelings with someone I trust
- I connected with other caregivers or a support group
- I asked for help (and accepted it!)

MONTHLY

- I had a medical or wellness check-in for myself
- I reviewed my stress levels and coping tools
- I explored or revisited therapy or counseling options
- I celebrated something — even something small!

Join a Care Partner Support Group
in person or online.

Seek counseling for yourself and
your family members.

Try to stay involved in activities that
bring you joy and purpose.

ACTION

Asking someone for help
is not a sign of weakness!
Delegate household tasks
or errands whenever you
can. People want to help!

