



CAREGIVER SELF-CARE CHECKLIST

You can't pour from an empty cup. Use this list to build simple, daily habits that help you stay strong—for yourself and the person you care for.

DAILY CHECK-IN

M T W T F S S

I drank enough water (6–8 cups)

☐ ☐ ☐ ☐ ☐ ☐ ☐

I ate something nourishing

☐ ☐ ☐ ☐ ☐ ☐ ☐

I took a short break (5–15 mins) just for me

☐ ☐ ☐ ☐ ☐ ☐ ☐

I moved my body (walk, stretch, dance, etc.)

☐ ☐ ☐ ☐ ☐ ☐ ☐

I said something kind to myself

☐ ☐ ☐ ☐ ☐ ☐ ☐

I asked for help or accepted help

☐ ☐ ☐ ☐ ☐ ☐ ☐

I got fresh air or natural light

☐ ☐ ☐ ☐ ☐ ☐ ☐

I checked in with my emotions

☐ ☐ ☐ ☐ ☐ ☐ ☐

I took my medications/supplements (if applicable)

☐ ☐ ☐ ☐ ☐ ☐ ☐

I did one thing I enjoy—even for a few minutes

☐ ☐ ☐ ☐ ☐ ☐ ☐

WEEKLY RECHARGE IDEAS



Call or meet up with a friend



Journal for 10 minutes



Watch a favorite movie or show



Take a longer break using respite care



Do a creative activity (make art, music, etc.)



Go to a support group or therapy



Do absolutely nothing for at least 15 minutes



Celebrate something I did well this week

MY PERSONAL GO-TO'S

Fill in a few quick ideas you know help you reset:

1 _____

2 _____

3 _____



Shared Wisdom & Local Support
sandwichedkc.com
(816) 472-9178