



CAREGIVER BURNOUT CHECKLIST

DATE: _____ S M T W T F S

RECOGNIZE THE SIGNS

- ☐ Feeling constantly exhausted, even after rest
- ☐ Experiencing irritability, mood swings, or anxiety
- ☐ Losing interest in activities you once enjoyed
- ☐ Feeling overwhelmed or hopeless
- ☐ Difficulty concentrating or making decisions

IMMEDIATE SELF-CARE STEPS

- ☐ Take a 5-minute breathing break — focus on slow, deep breaths
- ☐ Step outside for fresh air and sunlight
- ☐ Drink a full glass of water
- ☐ Say a grounding prayer or mantra
- ☐ Reach out to a trusted friend or support person

DAILY RECOVERY HABITS

- ☐ Schedule regular short breaks during caregiving tasks
- ☐ Prioritize 7-8 hours of restful sleep
- ☐ Engage in a simple physical activity (walk, stretch, yoga)
- ☐ Practice gratitude by listing 3 things you're thankful for
- ☐ Spend a few minutes in prayer or meditation

Recovery is a journey, not a sprint. Be gentle with yourself. You are doing holy, important work — and taking care of you is part of caring well.