



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.