SELF-CARE FOR THE CAREGIVER

**Physical Health**

\_\_\_\_ I’m seeing my doctor(s) regularly.
\_\_\_\_ I’m taking my own medications on schedule.
\_\_\_\_ I’m exercising at least once per week.
\_\_\_\_ I’m eating nutritious meals regularly.
\_\_\_\_ I’m getting enough sleep (at least 7 hours)

**Social Health**

\_\_\_\_ I talk with family of friends at least once per week
\_\_\_\_ I’m keeping up with at least one activity I enjoy.

*What is an activity that you enjoy? How often do you participate in it?*
\_\_\_\_ I feel connected to the people around me.

**Emotional Health**

\_\_\_\_ I’m getting ongoing emotional support for my caregiving situation from at least one person.

*Who is this person? How do they provide support?*
\_\_\_\_ I have at least one outlet for stress (e.g., an enjoyable activity, confiding in someone, writing, exercise, meditation or relaxation techniques) that I use regularly.
\_\_\_\_ I understand that typical emotional responses to caregiving include denial, anxiety frustration, anger, guilt, shame, and grief.
\_\_\_\_ When I feel I cannot handle difficult emotions on my own, I reach out to others for help.

**Spiritual Health**

\_\_\_\_\_ If I have attended religious services in the past, I continue to do so.
\_\_\_\_ I am caring for my loved one in a way that is consistent with my values and beliefs, and this experience has meaning for me.

**Caregiving Health**

\_\_\_\_ I understand the needs of the child in my care.

\_\_\_\_ I feel prepared to handle difficult situations that may occur with the child in my care (ie bullying in school, behavioral problems, online classes)
\_\_\_\_ I’m asking for, and accepting, help from family, friends, neighbors, members of my congregation and community, and professionals.
\_\_\_\_ I’m in regular contact with other caregivers.

Adopted from: <https://www.iona.org/self-care-checklist-caregivers/>

If you have questions about any of these points or are unsure how to begin, Iona can help! Call our Helpline at (202) 895-9448 or email info@iona.org to speak with a licensed social worker.