

Caregiver Quick Check

Are You Actually Okay?

You have been taking care of someone else. This is for you. Check in honestly — no one is grading this.

Your Body

- I have had at least one full night of sleep in the past week
- I have eaten a real meal today
- I have been outside in the past 48 hours
- I have a doctor/dentist appointment I have been putting off
- I am taking my own medications as prescribed

Your Mind

- I have had 30 minutes to myself — without caregiving tasks — in the past week
- I have spoken to someone (not about caregiving) in the past few days
- I know what I would do if I needed emergency backup coverage
- I have something I am looking forward to, even something small
- I feel like a person, not just a caregiver, at least some of the time

Your Limits

- I know what I can and cannot realistically do alone





- I have asked for help at least once this month
- I know what 'burnout' feels like for me specifically
- There is at least one task I could hand off if I needed to
- I have a plan — even a rough one — for if my own health changes

Your Feelings (no wrong answers)

- I feel resentful sometimes — and I have let myself acknowledge that
- I know the difference between a hard day and a pattern that needs to change
- I have grieved something about this situation, even quietly
- I still have a sense of who I am outside this role
- I believe I deserve support, not just the people I care for

If you checked fewer than half of these — that is information, not judgment. It means something needs to change, and you deserve help making that change.

You cannot pour from an empty cup. Taking care of yourself is not selfish — it is necessary.

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