

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 or 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.