

**Family Caregiver  
Self-Care Check-Up**  
*Workbook*



# Welcome to Your Family Caregiver Self-Care Check-up Workbook

*It's Time to Take Care of You*

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## HOW TO USE THIS WORKBOOK

- Don't overthink your responses
- See this as a valuable tool for improvement
- Check in with yourself as often as needed
- Acknowledge and appreciate the time you've spent prioritizing your self-care. Notice how it makes you feel.

*"Taking care of yourself is part of taking care of others."*

- Unknown



Hello there,  
As a family caregiver, you play a unique and profound role in the lives of your loved ones. Your selflessness and dedication are nothing short of heroic. However, amidst this noble journey, it's easy for your own self-care to slip through the cracks.

That's where this Self-Care Check-up Workbook steps in, designed especially for you.

Within these pages, we'll explore five vital areas of your life. You'll have the chance to reflect on your self-care practices, celebrate the ones that are already thriving, and identify areas where you can infuse a little extra care.

Think of this workbook as your trusted friend and advocate on your caregiving path, gently reminding you that by taking better care of yourself, you can provide even more compassionate care to your loved ones.

The awareness you gain by going through the exercises here will give you the information you need to create a healthier, happier caregiving journey.

Remember, as you care for yourself, you become an even brighter beacon of love, strength, and inspiration to your loved ones.

j.

Jennifer Antkowiak, Founder  
Take Care Tips

# Physical Self-Care

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Physical self-care for caregivers means looking after your body through activities like regular exercise, balanced nutrition, proper rest, and personal hygiene. It's about maintaining your well-being so you can provide the best care to your loved ones. Taking care of your physical health is vital for your ability to be a strong and resilient caregiver.

## Check-in with yourself! How many of these things are you doing on a regular basis?

- I get 30 minutes of exercise.
- I eat three meals and two healthy snacks a day.
- I eat healthy foods.
- I drink half my body weight in ounces of water each day.
- I get eight hours of sleep.
- I consult a doctor when needed.
- I rest when I'm sick.
- I take care of personal hygiene.
- I wear clothes that make me feel attractive and confident.
- I take breaks from sitting.

Which **one thing** do I want to improve?

What three things will I do **this week** to support improvement?

# Emotional Self-Care

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Emotional self-care, especially for caregivers, involves acknowledging and tending to your own feelings and mental well-being. It means recognizing the emotional toll caregiving can take and finding healthy ways to cope. By practicing emotional self-care, you can better navigate the challenges, reduce stress, and maintain a positive outlook while providing support to your loved ones.

## Check-in with yourself! How many of these things are you doing on a regular basis?

- I set healthy boundaries to prioritize time for self-care.
- I make time for hobbies.
- I take technology breaks.
- I make time to learn new things.
- I find healthy ways to express my feelings.
- I am able to relax.
- I allow myself to feel emotions.
- I feel happy and laugh.
- I connect with a supportive network of friends and family.
- I am able to forgive myself.

Which **one thing** do I want to improve?

What three things will I do **this week** to support improvement?

# Social Self-Care

Social self-care for caregivers means fostering and maintaining a support network. It's about staying connected with friends, family, or support groups who understand the unique challenges of caregiving. By nurturing these connections, you can share experiences, seek help when needed, and prevent feelings of isolation.

**Check-in with yourself! How many of these things are you doing on a regular basis?**

- I spend time with people I like.
- I stay in touch with people who live far away.
- I make new friends.
- I have meaningful conversations with people.
- I ask for help when needed.
- I collaborate with others.
- I feel good about my relationship with my significant other.
- I have a strong bond with my children.
- I feel comfortable being myself around others.
- I am able to discuss my opinions and views in a healthy way.

Which **one thing** do I want to improve?

What three things will I do **this week** to support improvement?

# Professional Self-Care

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Professional self-care for caregivers involves setting boundaries and managing your work-life balance. It's about recognizing your limits and communicating your caregiving responsibilities to your employer, so you can find a happy medium between work and caregiving. By practicing professional self-care, caregivers can ensure their career doesn't become overwhelming, allowing them to fulfill their caregiving role more effectively and with less stress.

## Check-in with yourself! How many of these things are you doing on a regular basis?

- I make an effort to grow professionally.
- I have career goals.
- I can say "No" and create healthy boundaries between work and personal time.
- I take on projects that are truly meaningful to me.
- I have healthy relationships with co-workers.
- I feel valued at work.
- My work is rewarding.
- I am proud of my work.
- I feel challenged in a healthy way by my work.
- I have growth opportunities through my job that excite me.

Which **one thing** do I want to improve?

What three things will I do **this week** to support improvement?

# Spiritual Self-Care

*Spiritual self-care for caregivers goes beyond religious beliefs and delves into finding meaning and purpose in your caregiving journey. It's about connecting with your inner values, beliefs, or a higher power to find comfort and strength. By nurturing your spiritual well-being, you can gain a sense of purpose, inner peace, and find guidance in times of stress or uncertainty.*

**Check-in with yourself! How many of these things are you doing on a regular basis?**

- I express gratitude.
- I pray.
- I make time to learn about my faith.
- I feel supported by my faith.
- I spend time in nature.
- I appreciate beauty around me.
- I respect diversity.
- I volunteer.
- I am guided by morals and values.
- I feel connected with my faith community.

Which **one thing** do I want to improve?

What three things will I do **this week** to support improvement?

# Resources



Dear Caregiver friend,  
I wanted to take a moment to share a bit about what Take Care Tips stands for. At its core, Take Care Tips is a supportive community. I have walked a similar caregiving path. I understand the challenges you face firsthand, and I created Take Care Tips with a simple yet profound mission: to provide you with the resources, support, and inspiration you need to make self-care an essential part of your caregiving journey. Through the Take Care Tips website, blog, podcast, online and in-person talks and workshops, and our new Take Care Tips Wellness Membership, you can discover valuable insights, connect with fellow caregivers, and explore a world of self-care practices designed to help you take care of yourself while taking care of others. With each page you've turned in this workbook, you've taken strides toward a healthier, happier you, and we're here to help you continue that journey.

j.

Jennifer Antkowiak, Founder  
Take Care Tips

## Let's stay connected:

- Take Care Tips website ([TakeCareTips.com](https://TakeCareTips.com))
- Take Care Tips podcast ([TakeCareTips Podcast.com](https://TakeCareTipsPodcast.com))
- Take Care Tips Blog ([TakeCareTips.com/Blog](https://TakeCareTips.com/Blog))
- Free Private Take Care Tips Community Facebook Group ([TakeCareTipsCommunity](https://TakeCareTipsCommunity))



New!



## Take Care Tips Wellness Membership

### Self-Care Just Got Easier

The Take Care Tips Wellness Membership keeps us connected for ongoing self-care support. You get a new online wellness bundle each month, twice-a-month interactive Zoom meetings with Jen (recordings are available), plus instant access to a private caring community where we keep the conversation going, and the support flowing. **Scan the QR code or visit [TakeCareTips.com/Membership](https://TakeCareTips.com/Membership) to learn more and get limited time discounted pricing!**

