



BE KIND TO YOURSELF ACTION CHECKLIST

Chapter 3 of *The Complete Eldercare Planner*

TAKE CARE OF YOU	To Do By	Completed
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Create self-care goals

short-term _____

long-term _____

Monitor caregiver stress _____

Assess caregiver involvement to avoid burnout _____

Plan for caregiver relief

schedule days off _____

join support groups _____

take vacations _____

maintain personal interests _____

use neighborhood respite programs _____

Monitor sleeping patterns _____

Explore company work-life programs _____

CAREGIVING: THE SPIRITUAL JOURNEY

Acknowledge the emotional wilderness of caregiving _____

Tap into spiritual tools and strategies

Prayer _____

Meditation _____

Joy _____

Music _____

Labyrinth _____

Counseling _____

Journaling _____

Nature _____

Spiritual places _____

Body work _____

Body movement _____

Practice spirituality daily _____

SELF-TALK: FINDING PEACE OF MIND

Learn from effective caregivers _____

Protect important relationships _____

Acknowledge the special needs of dementia caregiving _____

Establish a self-respecting caregiving environment _____

Review probability of

physical pain _____

psychological issues _____

- alcohol and drug abuse _____
- depression _____
- nutrition _____
- grief _____
- visual or hearing impairments _____
- reactions to medications _____

Put self-respecting practices in motion

- acknowledge and express anger _____
- set boundaries _____
- say “no” _____
- allow others to be angry _____
- create healthy emotional outlets _____

Loosen the grip of caregiver guilt

- self-praise _____
- eliminate self pressures _____
- regret rather than guilt _____
- resist taking the bait _____
- state objectives _____
- acknowledge hurt feelings _____
- learn and move on _____

Speak your mind with uncooperative siblings _____

Consider family mediator _____

Conduct a family meeting _____