

**BE KIND TO YOURSELF ACTION CHECKLIST**

**TAKE CARE OF YOU To Do By Completed**

**Create self-care goals**

short-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

long-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Monitor caregiver stress** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Assess possibility of caregiver burnout**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Plan for caregiver relief**

schedule days off \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

join a support group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

take a vacation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

maintain personal interests \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

use community respite programs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Monitor sleeping patterns** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Explore company work-life programs** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**CAREGIVING: THE SPIRITUAL JOURNEY**

**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 other caregivers** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Protect important relationships** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Acknowledge your special needs of dementia caregiving**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Establish a self-respecting caregiving environment**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Assess your elder for:**

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 negative self-talk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

regret rather than guilt \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

resist taking the bait \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

acknowledge hurt feelings \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

learn and move on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Speak your mind with uncooperative siblings**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Consider a family mediator** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Conduct a family meeting** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏