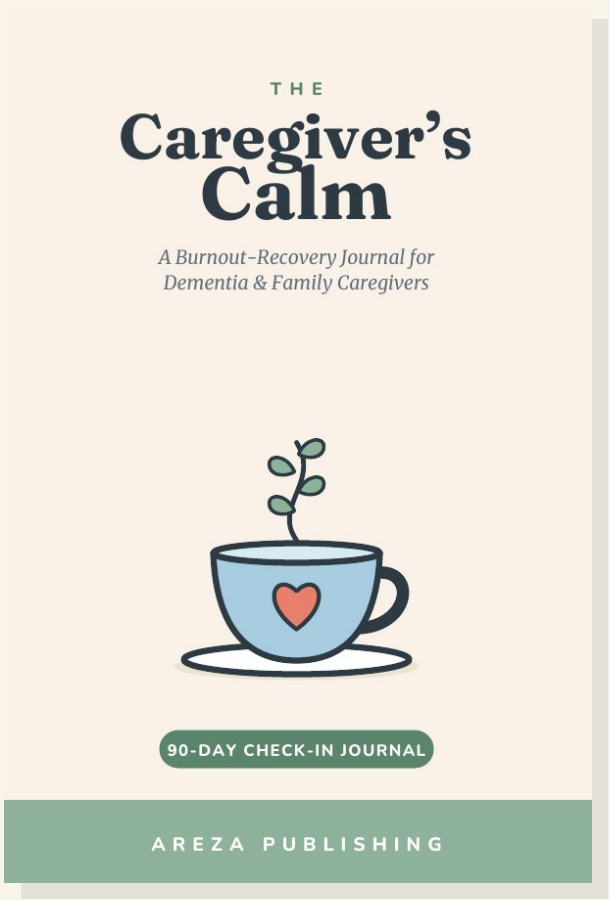

The Caregiver's Calm

A burnout-recovery journal for caregivers · Dementia & family caregivers

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: You Matter Too
- Page 3: Caregiver Burnout Self-Check
- Page 4: Daily check-in

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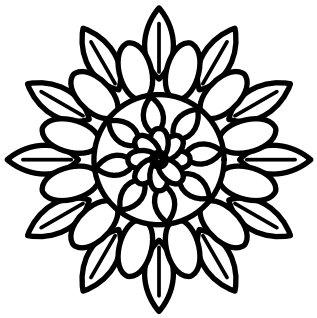
You Matter Too

Caring for someone you love is one of the most generous things a person can do. It can also be exhausting, lonely and confusing, often all in the same afternoon.

This journal is not another task on your list. It is a small, quiet place that belongs only to you. A few lines a day, on the days you can, is enough.

Some days you will write a lot. Some days you will write one word. Some days you will skip it entirely, and that is okay too. There are no rules here, and no way to fall behind.

You are doing something hard. You deserve care as well.



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A GENTLE LOOK INWARD

Caregiver Burnout Self-Check

In the last two weeks, how often have you felt this way? Circle one for each line.

	Rarely	Sometimes	Often
I feel tired even after resting	○	○	○
I feel short-tempered or on edge	○	○	○
I have stopped doing things I enjoy	○	○	○
I feel alone with the responsibility	○	○	○
I am not sleeping well	○	○	○
I have trouble concentrating	○	○	○
I feel guilty when I take time for myself	○	○	○
I get sick more often than usual	○	○	○
I feel numb, sad or tearful	○	○	○
I worry about the future most days	○	○	○

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DAY 1 Date: _____

Week 1

My energy



My mood



Sleep: _____ hrs Water: ☐ ☐ ☐ ☐ ☐ ☐

One thing I handled today

One thing I let go of

One kind thing for me

Help I asked for or accepted

Something that made me smile, even briefly:

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