

Self-Care for Caregivers

A worksheet to R.A.M.P. up your self-care

Reflect on your needs

Take time to reflect on what you need to feel balanced and which areas you're struggling with. Is there something you want or need to do for yourself but can't find the time for? What are signs you're feeling stressed or overwhelmed? How do you like to relax?

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Achieve the basics

The basics are things we must all do to be **happy** and **healthy**, like sleep, proper nutrition, physical fitness and downtime. Is there anything you've been putting off because it feels like you don't have time? Have you been getting enough sleep? How would you rate your own physical or mental well-being over the past month?

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Maintain a diverse support system

Support systems are the people we turn to when life gets hard. That said, not all support persons are the same. While someone may be great to relax with, they may not be who you'd call in an emergency. Ask yourself, who are my most trusted confidants? Who always cheers me up? Who is always willing to help? Who will just listen?

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Plan time for yourself

It's important to set aside time for yourself. Whether it's seeing a new movie, getting coffee with a friend or taking a walk around your neighborhood, make an effort to do something just for you. What helps you unwind? Is there anything you've been wanting to do but haven't because it felt self-indulgent?

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