CAREGIVERS SAFE SPACE

Caring for those who care for others.

It's Okay to Rest

Burnout CHECK-IN & RESET

Name: _____

Date: _____

Today I choose: _____

_____

RECOGNIZE. RESET. RECHARGE.

SIGNS I MAY BE EXPERIENCING BURNOUT

Check any that feel true for you right now.

- ☐ Feeling physically exhausted
- ☐ Feeling emotionally drained
- ☐ Trouble sleeping
- ☐ Feeling overwhelmed
- ☐ Little or no motivation
- ☐ Irritable or short-tempered
- ☐ Feeling anxious or depressed
- ☐ Neglecting my own needs
- ☐ Feeling guilty when I rest
- ☐ Loss of interest in things I enjoy
- ☐ Feeling like I'm "just going through the motions"

WHAT CAN HELP ME RESET?

- ☐ Take regular breaks
- ☐ Ask for help
- ☐ Set boundaries
- ☐ Take deep breaths
- ☐ Spend time in nature
- ☐ Reconnect with my support system
- ☐ Drink water and eat well
- ☐ Move my body (stretch or walk)
- ☐ Try herbal tea
- ☐ Focus on one thing at a time
- ☐ Give myself permission to rest
- ☐ Remember: I am doing enough

REFLECTION

What is one small step I can take this week to prevent or reduce burnout?

_____

_____

_____

Rest today for a stronger tomorrow.

NOTES

_____

_____

_____

Caring for Yourself Helps You Care for Others.

CAREGIVERS SAFE SPACE

www.caregiverssafespace.org

REST.
RECHARGE.
KEEP GOING.
YOU GOT THIS.