LOOKING AFTER YOURSELF

Carer wellbeing check-in

Caring is easier to sustain when you look after yourself too. Take five minutes each week or month to check in, notice patterns, and plan one thing for you.

DATE

HOW I WOULD DESCRIBE THIS WEEK IN ONE WORD

This week, how much...

	Not at all 1	2	3	4	Very much 5
Have I slept well?	☐	☐	☐	☐	☐
Have I had energy for the day?	☐	☐	☐	☐	☐
Have I felt calm rather than stressed?	☐	☐	☐	☐	☐
Have I had time to myself?	☐	☐	☐	☐	☐
Have I felt supported by others?	☐	☐	☐	☐	☐
Have I kept up with my own health appointments?	☐	☐	☐	☐	☐

WHAT IS TAKING THE MOST OUT OF ME RIGHT NOW

WHAT WENT WELL, OR WHAT I AM PROUD OF

ONE THING I WILL DO FOR MYSELF THIS WEEK

SOMEONE I CAN ASK FOR HELP, AND WHAT WITH

RESPITE OR A BREAK I COULD PLAN

You do not have to do it alone

Carer Gateway (carergateway.gov.au) offers free counselling, coaching, respite and peer support for carers. Talk to your GP about how you are going, too. In an emergency, call 000.

General information only, not medical, legal or financial advice.