

# Care for the *Caregiver*

## Self-Care Plan Worksheet

Use this worksheet as a guide to plan small, meaningful acts of care for yourself, as you care for others. These moments don't have to be time-consuming. Even brief pauses for rest, reflection, or connection can help restore your energy and support your well-being as you give so much to others.

### Daily Self-Care Activities:

Write small actions you can add to your daily routine that supports your physical, mental and emotional well-being.



**Morning Routine:** (eg. stretch for 5 minutes, short walk, drink water, quiet time)

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**Midday Breaks:** (eg. short walk around the block, breathing exercises, healthy snack)

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**Evening Wind-Down** (eg. short evening walk, reading, warm shower, no screens before bed)

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### Weekly Self-Care Goals:

Choose goals you can realistically achieve this week, **physically** (eg. move your body, meal prep), **emotional well-being** (eg. journaling, one hour of unplugging from online world), **social connections** (eg. calling a friend, joining a support group).

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### Reflection at End-of-Week:

Take a moment to check in with yourself. What worked well this week? What challenges did I face? What can I improve next week?

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### Support System:

List a few people or groups that you can reach out to for support:

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Abbotsford Hospice  
& Grief Support Society

info@abbotsfordhospice.org  
www.abbotsfordhospice.org  
604-852-2456

