

Self Care Checklist for Caregivers: Simple Ways to Recharge



Caring for others is important—but so is taking care of yourself. Use this checklist as a gentle reminder to prioritize your well-being.

Try to check off at least three items each day!

Daily Self-Care Essentials

- Drink enough water (at least 6–8 glasses)
- Eat nourishing meals instead of skipping or relying on snacks
- Take a deep breathing break
- Move your body (a short walk, stretching, or yoga)
- Get outside for fresh air for at least 5–10 minutes
- Set a small personal goal for yourself, unrelated to caregiving
- Give yourself grace: remind yourself that you're doing your best

Boundaries & Mental Wellness

- Say “no” to something you don’t have capacity for
- Delegate one caregiving task (ask for help or outsource a small task)
- Limit screen time before bed to improve sleep quality
- Take a 5-minute break alone (even if it’s in the car or a quiet room)
- Let go of guilt—you deserve rest, too
- Connect with a friend or support group for encouragement
- Journal or reflect on how you’re feeling today

Rest & Recharge

- Get at least 7 hours of sleep (even if it means adjusting your schedule)
- Do something just for YOU (a hobby, reading, listening to music)
- Laugh! Watch a funny video or see a show.
- Celebrate a small win (what did you do well today?)



Taking time for yourself isn't selfish—it's essential. Caregivers often give so much that they forget to refill their own cup.

This checklist is your permission slip to pause, breathe, and prioritize your well-being.

Which self-care item will you check off today? Let us know in the NextGen Care Community!

