

Self-check-in tool for carers

Caring for others can be rewarding, but it often means your own needs can slip down the list. This gentle self-check-in can help you pause and reflect on how you are doing.

1 How am I feeling today?

Take a moment to notice what is happening in your body and mind.

- Am I tired, tense, or overwhelmed?
- Am I feeling calm, steady, or supported?
- What emotion stands out the most right now?

2 How is my energy level?

Consider where your energy is currently sitting.

- Do I feel drained or overextended?
- Do I feel steady but in need of a break soon?
- What would help me replenish my energy today?

3 What do I need?

Try naming one thing that would support you.

- A short rest?
- Some fresh air?
- A conversation with someone you trust?
- Help with a task?

4 What can I realistically let go of?

Reducing pressure on yourself can make the day more manageable.

- Is there something I can postpone or delegate?
- Is there an expectation that I can soften?

5 Who can I reach out to?

Connection is a protective factor.

- Do I need professional support?
- Would it help to talk to a friend or family member?
- Is there a service that could ease the load?

6 What's one small kindness I can offer myself today?

This could be as simple as a quiet cup of tea, five minutes outside, or going to bed earlier. Small acts of care can make a meaningful difference over time.

Therapeutic supports to reach your goals.

 challengecommunity.org.au  1800 795 441



CHALLENGE
Community Services