



Caregiver Checklist

Caregiving is a labor of love and you have to take care of yourself in the process to be the best version of yourself to help your loved one. If not, you take the risk of burning out. Here are some key areas to focus on:

Your Physical Self-Care:

- See your doctor as needed and make sure you are taking medications you may have as prescribed.
- Take breaks and accept help from others.
- Try to maintain a regular sleep schedule or nap when you are able to.
- Drink water; stay hydrated.
- Eating healthy foods to fuel your body.

Your Psychological and Emotional Self-Care:

- Keep a journal.
- See a counselor or therapist.
- Love yourself and remember you are only human.
- Decrease any unnecessary stress in your life to include toxic people.
- It is okay to say "no" to someone if you need to.
- Allow yourself time to cry.
- Partake in activities that you enjoy.
- Meditate daily even if only for a few minutes a day.
- Take a hot bubble bath.
- Keep in mind all of your happy memories and share these with your loved one.
- Limit your screen time.
- Get a massage.
- Make a playlist of music that helps you relax.
- Do not be concerned too much about what others may think.
- Set clear boundaries with others (visiting hours etc.).

Spiritual Self-Care:

- Attend religious/spiritual services if able to.
- Don't be afraid to reach out and ask for a home visit from your religious/spiritual supports.

- Listen to or watch or read about topics within your religious or spiritual beliefs that interest you.
- Take time to reflect on where you are now spiritually and where you would like to be.

Work/Professional Self-Care:

- Don't allow your work to overwhelm you. Do not be afraid to speak with your boss about what may be overwhelming you.
- Break bigger tasks into smaller tasks and focus on what's most important first.
- Take a break each lunch day without your work.
- Balance your day.

Social Self-Care:

- Join activities etc. that you enjoy.
- Connect with others who may be going through what you are.
- Keep in touch with loved ones and people who provide a good support system for you.
- Do not be afraid to ask for help from others you trust.
- Plan gatherings or fun activities with close friends and family if you'd like but make sure it supports your schedule and time frame as well as your boundaries. Do not be afraid to speak with your friends and family about what may overwhelm you.

Financial Self-Care:

- Plan a budget and follow your plan.
- Make a list of prioritizing bills and dates they are due to help make sure they are paid on time.
- Pay off debt if able.
- Have an emergency fund.

Here are some signs of burnout. They are similar to symptoms of stress and depression. If you find that these relate to you then you may want to take some reflection time to see what triggered the burnout and what you can do in the future to prevent it from happening again:

Signs of Caregiver Burnout:

- Withdrawal from family, friends, and other people you care about.
- Loss of interest in activities you used to enjoy.
- Feeling sad, irritable, helpless and/or hopeless.
- Losing or gaining weight from changes in appetite.
- Changes in sleep patterns.
- Getting sick more often than usual.

- Feelings of wanting to hurt yourself or the one you are caring for.
- Physical and emotional exhaustion.

You are not alone! Reach out and connect with someone such as a therapist, a loved one, a close friend if you find yourself with any of the above symptoms. You are not alone!

GLIOBLASTOMA
SUPPORT
NETWORK