

The Caregiving Burnout Checklist

How to Protect Your Energy While Caring for Others



Caregiving is one of the most meaningful roles a person can take on, but it also comes with emotional and physical demands that can quietly drain your energy over time. Burnout isn't a personal failure; it's a sign that your compassion has outpaced your capacity. This checklist is designed to help you recognize early warning signs, take small, actionable steps, and begin restoring balance in your caregiving journey.

Recognize the Signs

- ☐ I feel emotionally exhausted most days
- ☐ I have trouble sleeping or focusing
- ☐ I'm losing interest in things that used to bring me joy
- ☐ I feel guilty when I take time for myself
- ☐ My patience is shorter than usual

*If you checked **3 or more**, it may be time to pause and refocus some time on yourself.*

Respond with Intention

- 1) Set Micro-Boundaries — take 15 minutes each day just for you.
- 2) Ask for Help Early — reach out to family, friends, or local respite care.
- 3) Track Your Energy Dips — journaling helps identify patterns.
- 4) Schedule Recovery Time — rest is not earned, it's essential.
- 5) Organize Care in the Innerhive App — organized caregivers experience less stress.

Restore Balance

- Practice mindfulness or breathing exercises daily.
- Incorporate gentle movement — even a short walk counts.
- Stay nourished with whole foods and hydration.
- Connect with others — talk to someone who understands.
- Join a caregiver support circle locally or through Innerhive's community resources.

Download this checklist, print it, and keep it nearby!

Visit innerhive.com to download the Innerhive App for more tools, resources, and community.

