

Journey to Wellness — A free self-guided healthy living program

Care for the caregiver

Activities for self-care

When taking on the responsibility of caring for others — whether family or a close friend — people tend to put their own self-care last. If you are a caregiver, take time throughout the month to prioritize yourself in a variety of ways.

Choose at least one row, column or diagonal to check off as you complete the activities this month. Celebrate your wins and remember that every box counts. Extra challenge: try to get a blackout by crossing off each space.

Take a sunrise stroll	Enjoy nature for 15 minutes	Reflect on the day with a peaceful stroll at sunset	Learn a new skill, like cooking, painting or dancing	Make a delicious and healthy meal you've never tried before
Offer to help a neighbor or volunteer in your community	Take 5 minutes to focus on relaxation	Clear your physical and mental space for fresh energy	Share a funny joke or video with someone you care about	Write down 3 things before bedtime that you're grateful for
Play a board or card game with family or friends	Remind yourself of your strengths and value	Divide daily tasks with others to help balance your day	Unplug from devices for 1 hour	Let loose and groove to your favorite music
Create a playlist of songs that make you feel happy and energized	Cuddle up for a movie night filled with popcorn and laughter	Write down your thoughts and feelings through daily journaling	Watch a documentary, take an online course or learn a new skill	Enjoy a special meal prepared with love
Get lost in a captivating book for 30 minutes	Express appreciation to someone who helps you	Explore a local museum or art gallery	Practice a simple yoga or stretching routine to release tension	Reach out to a loved one for a heartfelt conversation

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