



How to Help Me: Worksheet

After determining which Caregiver Zone you are in, use the suggested prompts to help you get started. Personalize to how this will be specific to your needs.

	Surviving	Struggling	Crisis
Emotion	Reach out to someone close to schedule regular phone call or lunch. (A person you feel safe with incase you need to discuss life situations)	Reach out to someone close to discuss. Counselors, clergy, primary care providers are also helpful resources)	Reach out for immediate assistance. Develop a crisis plan with a friend for this type of scenario. Counselor, clergy, Suicide Hotline, or seeking emergency care.
Focus	Set a daily goal to stay focused. (There are APPs for that!)	Can you help me make a task list and prioritize my tasks?	Can you help me by make a plan for daily check ins with myself or someone else?
Social	Participating in organization groups or focus groups. Plan one event per week that is for YOU.	Can you watch my special needs child so I can take my other kid out to do something fun?	Discuss strategies and resources with a close friend or group to help examine priorities. Do not overcommit. Prioritize
Appetite	Can you come grocery shopping with me this week?	Can you help me plan my meals/grocery shop for me?	Can you help me make sure I have dinners made for the next __ nights?
Sleep	Can you watch X on this night so I can stay at a local hotel for respite care?	Take a shower or try to meditate.	Have friends clear your nighttime responsibilities for you a few nights so you can sleep.
Daily Activities	Create a list of grounding activities like walking, painting, rocking, music etc.	Ask a friend to help with a chore or task to help focus on priorities. Ask for help with laundry. Can you pick up these prescriptions at this pharmacy?	Can you please help me run x, y, and z errands? [The more specific you are, the better – would a clean kitchen help clear your mind? Or picking up groceries? Taking another kid to the dentist?]
Self-Care	Can we do an at-home spa day?	Can you absorb some of my responsibilities for 20 minutes 3 days a week so I can take a luxurious shower, make a workout class, meditate.	Can you come over at x time and do y so I can take a shower, meditate, take a nice walk with my dog, etc.?