

The Caregiver Reset Checklist

7 Daily Habits That Bring Peace Back to Your Day



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Introduction:

Caregiving is rewarding but can also be exhausting. Even small daily habits can make a big difference in your energy, mood, and overall peace of mind. This checklist is simple, practical, and achievable – even on your busiest days.

Use it as a guide to create small moments of calm and restoration for yourself. Check off each habit as you go, and celebrate the little wins that help you feel more balanced.

Daily Habits

1. Start Your Day with Intention

- Take a few moments each morning to set your intention.
- Example: “Today, I will focus on patience and presence.”
- Tip: Write it down in a journal, sticky note, or phone reminder.

2. Hydrate and Nourish

- Drink water to boost energy and clarity.
- Eat something that makes you feel strong – even a small breakfast counts.

3. Take Mini Breaks

- Step outside for a few minutes of fresh air.
- Take 3 slow, deep breaths.
- Stretch or do a 2-minute movement routine.

4. Practice Mindful Moments

- Notice your surroundings, the sounds, smells, or sunlight.
- Name 1–2 things you appreciate today.
- Use guided meditations or quiet reflection if helpful.

5. Organize One Small Task

- Pick one small thing to complete each day – a list, a drawer, or a quick email.
- Crossing it off can give a sense of control and accomplishment.

6. Ask for Help or Accept Support

- Let someone help with chores, errands, or caregiving duties.
- Use your “How to Help Me” form to make it easy for others to support you.
- Even small assistance creates space for peace in your day.

7. End Your Day with Reflection

- Reflect on what went well today, no matter how small.
- Journal, pray, or meditate before bed.
- Plan one thing that will bring joy or peace tomorrow.

Printable Daily Checklist Table

Habit

Done 

Notes / Reflection

Start Your Day with Intention	☐	
Hydrate and Nourish	☐	
Take Mini Breaks	☐	
Practice Mindful Moments	☐	
Organize One Small Task	☐	
Ask for Help or Accept Support	☐	
End Your Day with Reflection	☐	