

Daily Rest Ritual for Caregivers

Think about your typical day. You might be juggling many different types important responsibilities.

Below, check off those that are relevant to you:

- | | | |
|------------------------------------|--|---|
| <input type="checkbox"/> Work | <input type="checkbox"/> Managing medical appointments | <input type="checkbox"/> Cleaning and laundry |
| <input type="checkbox"/> School | <input type="checkbox"/> Paying bills and budgeting | <input type="checkbox"/> Transportation and errands |
| <input type="checkbox"/> Parenting | <input type="checkbox"/> Planning and preparing meals | <input type="checkbox"/> Handling unexpected problems |

During a typical day, do you have time to rest, unwind, or take care of yourself?

- Yes, I have this time regularly
- Only if all of my tasks for the day are complete
- Only when I feel I've done "enough" or earned rest time
- I only "rest" when I run out of energy and can't do anything
- I seem to be plugged in to caregiving, work, school, or other responsibilities all day
- Other _____

If you did not check "yes" above, how does that aspect of your typical day affect your experiences of burnout?

It's important to disconnect from your responsibilities regularly, so your personal time is enjoyable and restorative. Creating a daily rest ritual is a great place to start.

To help you disconnect successfully, **pick an activity to signal to your brain that it's time to rest or take care of yourself.** Doing the same activity every day can help get your brain into resting mode. You might want to try the following:

Tidy Space, Clear Mind

- Tidy your space
- Write down any to-dos for later
- Close your laptop or caregiving-related browser windows
- Put caregiving-related items away

Make a Change

- Wash your face
- Wash your hands
- Change your clothes
- Take a shower
- Go outside for fresh air

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



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Move Your Body

- Go for a walk
- Stretch
- Exercise
- Dance
- Spend time in nature

Decompress

- Play with your kids or pet
- Listen to music or a podcast
- Work on a hobby
- Read for enjoyment
- Meditate for a few minutes

How do you feel at the end of the day emotionally?

If you typically feel an unpleasant emotion at the end of the day, you might also want to consider a rest ritual that helps you feel better.

If you often feel... disorganized or scatterbrained → write a list, organize, or tidy up
drained, numb, or stagnant → make a change to freshen up
angry, frustrated, or exasperated → burn those feelings off with exercise
anxious or overwhelmed → decompress with your loved ones or interests

Could any of these ideas help you brush off the day? If not, what's a daily ritual that might work for you? *Try to avoid less healthy coping like alcohol, smoking, or scrolling.*

If a daily rest ritual worked well for you, how would you feel? What would be different?

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Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy for Depression](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.