A GENTLE PERSONAL REFLECTION FOR PARENTS AND CAREGIVERS

Parent Wellbeing Check-In

Instructions: Tick the boxes that have been true for you over the past two weeks. There are no right or wrong answers. This is simply a quick check-in with yourself.

My Physical Wellbeing

- [ ] I am getting enough sleep most nights
- [ ] I am eating regular meals throughout the day
- [ ] I am drinking enough water
- [ ] I have moved my body through exercise, walking or physical activity
- [ ] I have attended to my own medical or health needs

My Physical Wellbeing Score: ☐ / 5

My Emotional Wellbeing

- [ ] I have felt emotionally supported
- [ ] I have had someone I can talk to honestly
- [ ] I have experienced moments of joy or relaxation
- [ ] I have used healthy strategies to manage stress
- [ ] I have given myself permission to rest without guilt

My Emotional Wellbeing Score: ☐ / 5

My Social Connections

- [ ] I have spent time with supportive people
- [ ] I have maintained friendships outside of caregiving
- [ ] I have felt connected to others
- [ ] I have asked for support when I needed it
- [ ] I have accepted help when it was offered

My Social Wellbeing Score: ☐ / 5

My Identity

- [ ] I have done something purely for myself
- [ ] I have engaged in a hobby or interest
- [ ] I have spent time doing something I enjoy
- [ ] I have felt like more than just a caregiver
- [ ] I can identify things that matter to me personally

My Identity Wellbeing Score: ☐ / 5

My Capacity

- [ ] I feel able to cope with most daily demands
- [ ] I have had opportunities to rest and recharge
- [ ] I have taken short breaks when needed
- [ ] I have realistic expectations of myself
- [ ] I recognise when I am reaching my limit

My Capacity Score: ☐ / 5

What Do I Need Most Right Now?

Tick any that apply.

- [ ] More sleep
- [ ] More support
- [ ] More time outdoors
- [ ] More connection with friends
- [ ] A break from responsibilities
- [ ] Time with my partner
- [ ] Physical activity
- [ ] A hobby or enjoyable activity
- [ ] Professional support
- [ ] Time alone
- [ ] Permission to say “no”
- [ ] Something else:

My Wellbeing Action Plan

One small thing I will do for myself this week:

Who can help me?

When will I do it?

Remember

- **You do not need to earn rest.**
- **Looking after yourself is not taking away from your child.**
- **A supported parent is one of the most powerful supports a child can have.**

Learn more about Positive Behaviour Support *[Insert PBS page URL]*

This reflection resource is not a clinical assessment or a substitute for professional advice.