

Physical and Emotional Wellbeing Checklist for Carers

Use this checklist to self-assess your current state and identify areas for improvement.

For each item, rate your feelings on a scale from **1 (Unhappy with Situation)** to **5 (Happy with Situation)**

Focus Area	Checklist Item	Feelings Scale (1-5)
Emotional Health	Do you feel overwhelmed or stressed?	1 2 3 4 5
Emotional Health	Do you feel supported by friends, family, or professionals?	1 2 3 4 5
Emotional Health	Are you able to prioritise your own health needs and appointments without feeling anxious or guilty?	1 2 3 4 5
Emotional Health	Do you feel connected rather than isolated?	1 2 3 4 5
Financial Wellbeing	Do you feel your financial situation is manageable and secure?	1 2 3 4 5
Financial Wellbeing	Do you feel confident managing your household budget and expenses?	1 2 3 4 5
Financial Wellbeing	Are you able to access any financial assistance or benefits you may be entitled to?	1 2 3 4 5
Financial Wellbeing	Do you know who to talk to about money worries if they arise?	1 2 3 4 5
Physical Health	How rested do you feel each day?	1 2 3 4 5
Physical Health	Are you eating nutritious meals regularly?	1 2 3 4 5
Physical Health	Do you engage in any physical activity or exercise?	1 2 3 4 5
Physical Health	How would you rate your overall energy levels throughout the day?	1 2 3 4 5
Physical Health	Are you getting enough restful sleep each night?	1 2 3 4 5
Practical Support	Do you have access to help with daily tasks when you need it?	1 2 3 4 5
Practical Support	Do you know who to contact for assistance in case of emergencies or urgent needs?	1 2 3 4 5
Practical Support	Do you have reliable access to help with daily tasks, such as shopping, cleaning, or transport?	1 2 3 4 5
Practical Support	Are you able to find information and resources when you need them to solve practical problems?	1 2 3 4 5
Self-Compassion	Are you able to be kind to yourself and allow for rest and mistakes?	1 2 3 4 5
Self-Compassion	Do you forgive yourself when things don't go as planned, and recognise your efforts?	1 2 3 4 5
Self-Compassion	Do you make time for hobbies and pastimes that bring you joy, even if only for a short while?	1 2 3 4 5
Social Engagement	Do you maintain regular contact with other family members, friends or participate in social events?	1 2 3 4 5
Social Engagement	Are you able to take part in community or group activities, even if only occasionally?	1 2 3 4 5
Social Engagement	Do you feel you have someone to talk to when you need personal support or advice?	1 2 3 4 5

Examples on how to improve your score

Maintaining regular contact with family, friends, or participating in social events:

- Schedule weekly phone or video calls with relatives and friends to stay connected.
- Attend local gatherings, such as coffee mornings, book clubs, or neighbourhood events.
- Send messages or emails to check in with loved ones, even if you can't meet in person.

Taking part in community or group activities, even occasionally:

- Join a community group, sports team, or volunteer organisation that interests you.
- Participate in cultural events, workshops, or classes to meet new people and learn new skills.
- Attend local fairs, charity events, or public talks to engage with your community.

Having someone to talk to when you need personal support or advice:

- Strengthen relationships with close friends or family by sharing your thoughts and feelings regularly.
- Consider joining support groups or talking with a trusted mentor or counsellor.
- Reach out to community resources or helplines if you need confidential advice or someone to listen.

One effective way to boost your score in emotional health is to establish a daily routine that includes moments for self-reflection and relaxation. This could involve practising mindfulness, journaling about your feelings, or setting aside time each day to unwind and recharge. Small, consistent steps like these can help you manage stress and foster a positive outlook.

Ways to boost your score in financial wellbeing is to create a realistic monthly budget and track your spending. By setting clear savings goals and reviewing your finances regularly, you can make more informed decisions, reduce unnecessary expenses, and gradually build financial security. Even small changes, such as setting aside a little money each week, can have a positive impact over time.

A good way to boost your score in physical health is to establish a regular exercise routine that fits your lifestyle and abilities. This might include brisk walks, cycling, swimming, or joining fitness classes, aiming for at least 150 minutes of moderate activity each week. Additionally, prioritising balanced nutrition and ensuring you get enough restful sleep can make a significant difference in your overall wellbeing.

Some ways to boost your score under Practical Support is to identify areas in your daily life where you might need assistance and actively seek help from others. This could involve asking neighbours for a hand with household tasks, or utilising local services such as grocery delivery, maintenance support, or community transport. Building a network of reliable contacts and knowing where to turn in times of need can make everyday challenges much more manageable.

Boosting your score under Self-compassion is to practise speaking kindly to yourself, especially when you make mistakes or face setbacks. Try to treat yourself with the same understanding and patience you would offer a close friend and remind yourself that everyone has difficult moments. Regularly engaging in self-care activities and acknowledging your achievements, no matter how small, can nurture a more compassionate attitude towards yourself.

Ways to boost your score under Social Engagement is to make a conscious effort to connect with others through shared interests or activities. Joining clubs, volunteering, or participating in group classes can help you build new friendships and strengthen your sense of belonging. Attending regular social gatherings, whether small or large, encourages meaningful interactions and makes it easier to maintain an active and supportive social network.