

Weekly Emotions Tracker

Keeping It Real

Rare caregivers report twice the amount of emotional stress than general caregivers (NAC 2018). To help track how you're feeling as you stay busy caring for others, make a checkmark if you felt any of the below. Most of these are normal emotions. However if you've had these feelings more than two weeks, stop and take action to get the help you need.

I am feeling...

1 2 3 4 5 6 7 8 9 10 11 12 13 14

"Off"

I FEEL

Moody

Angry and agitated

That I want to be alone all the time

Like I want a drink alcohol in order to cope/relax

Like I don't care if I'm clean

Overwhelmed

Hopeless

