

Balancing Caregiving Stresses and Strengths

It's important to be aware of how much caregiving stress you are experiencing. It's just as important to be aware of the strengths that you bring to your caregiving situation. Ideally, you want your strengths to be greater than your stresses.

Use the graph below to help you visualize your stresses and strengths at this point in time. Shade the boxes that correspond with how much stress and strength you feel right now. These numbers may change as your caregiving situation changes, so it's important to think about them regularly. Paying attention to your specific stresses and strengths can help you and those who support you in your caregiving. As you think about these numbers, think about what can be done to change the numbers so that your stresses are as low and your strengths as high as possible.

Examples of different stresses/strengths:

STRESSES	STRENGTHS
10	10
9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1

Stresses	Strengths
10	10
9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1

Stresses	Strengths
10	10
9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1

Stresses	Strengths
10	10
9	9
8	8
7	7
6	6
5	5
4	4
3	3
2	2
1	1

Caregiver Name: _____ Date: _____