



FREE ONE-PAGE TOOL 09 | CAREGIVING

## Where My Energy Goes

*Caregiving can fill every open space. Seeing the work on paper can help you ask for specific support.*

### 1 List the visible work

Include appointments, meals, transportation, paperwork, and physical care.

### 2 Count the invisible work

Include remembering, planning, worrying, and coordinating.

### 3 Circle one shareable task

Choose one thing a reliable person could take on without creating more work for you.

## A phrase you can borrow

"Could you take responsibility for [task] on [day], including the planning?"

## Make it yours

One task I can ask someone else to own:

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This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: [cdc.gov/caregiving/caring-for-yourself/index.html](https://cdc.gov/caregiving/caring-for-yourself/index.html)