



FREE ONE-PAGE TOOL 11 | CAREGIVING

A Break You Can Actually Take

Rest does not need to be earned. A realistic break may start with fifteen protected minutes.

1 Choose the window

Pick a time that is possible, not ideal.

2 Name the coverage

Who or what keeps the person you care for supported while you step away?

3 Protect the break

Decide what you will not do with those minutes, such as chores or messages.

A phrase you can borrow

"Could you cover [task] from [time] to [time] so I can take a break?"

Make it yours

A small break I can protect this week:

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