



Worksheet #1: Coping & Self-Care for Parents

Taking Care of Yourself While Caring for Your Child

Caring for a child with a serious or terminal illness requires immense emotional, physical, and mental energy. This worksheet is designed to help you pause, check in with yourself, and find small, meaningful ways to cope.

1. Check In With Yourself

Take a moment to reflect:

Right now, I am feeling:

- ☐ Overwhelmed
- ☐ Anxious
- ☐ Sad
- ☐ Exhausted
- ☐ Numb
- ☐ Hopeful
- ☐ Other: _____

What feels most difficult today?

2. What Do I Need Right Now?

Sometimes we focus so much on our child that we lose sight of our own needs.

Right now, I need:

- ☐ Rest
- ☐ Support from someone
- ☐ Time alone
- ☐ Help with responsibilities
- ☐ A break
- ☐ Emotional support
- ☐ Other: _____

3. 10-Minute Reset (Mindfulness Moment)

When things feel overwhelming, take 10 minutes for yourself.

Try this simple exercise:

- Sit in a quiet space
- Take a slow breath in for 4 seconds
- Hold for 4 seconds
- Exhale slowly for 6 seconds
- Repeat for 5–10 breaths

Afterward, write one word to describe how you feel:

4. Small Ways to Care for Yourself Today

Self-care does not have to be big or time-consuming.

Choose 1–2 small things you can do today:

- ☐ Step outside for fresh air
- ☐ Drink a glass of water
- ☐ Take a short walk
- ☐ Sit quietly for 5 minutes
- ☐ Talk to someone you trust
- ☐ Listen to music
- ☐ Other: _____

5. Support System

You don't have to do this alone.

People I can reach out to:

1. _____
2. _____
3. _____

6. Give Yourself Permission

Read this slowly:

- It's okay to feel more than one emotion at a time
- It's okay to not have all the answers
- It's okay to need help
- It's okay to take a break

One thing I want to remind myself today:

7. One Step Forward

You don't have to solve everything today.

One small thing I can focus on today is:

Closing Thought

You are carrying so much. Even small moments of care for yourself matter. Taking care of yourself helps you continue to show up for your child and your family.

Wellness Counseling Group

Supporting families navigating cancer and terminal illness

561-320-2018

www.wellnesscounselinggroup.org