

Self-Care Worksheet

Autica · Module 6: Taking Care of You

—■ This worksheet is for you — not to share, not to optimise. Just to notice what's happening and take one small step.

SECTION 1

Burnout Check-In

Circle or check any that apply to you right now:

- Exhaustion that sleep doesn't fix
- Feeling detached from my child
- Constant irritability or anger
- Getting sick more often than usual
- Lost interest in things I used to enjoy
- Feeling hopeless about the future
- Fantasising about just... escaping
- Going through the motions without feeling present

How many did you check?

0–1	2–3	4–5	6+
You're doing okay. Keep an eye on it.	Worth paying attention to.	You're running low. Act now.	You're depleted. Please ask for help.

SECTION 2

Your Minimum Viable Self-Care

For each area, write ONE specific thing you can do this week — not perfect, just real.

■ Sleep

e.g. Ask my partner to handle the 6am wake-up on Saturday

My plan

■ **Movement**

e.g. 10-minute walk after drop-off

My plan

■ **Eating**

e.g. Stock the fridge with something easy on Sunday

My plan

■ **One Thing That's Mine**

e.g. 30 minutes of my show after kids are asleep

My plan

SECTION 3

Asking for Help

Most people want to help — they just don't know how. Write one specific ask for each person below.

Partner / Co-parent

I will ask them to

Family member

I will ask them to

Friend

I will ask them to

Someone else

I will ask them to

SECTION 4

Partner Check-In (if applicable)

Circle any warning signs you've noticed lately:

- One of us is carrying most of the load
- We keep having the same conflict about parenting
- I feel emotionally distant or disconnected
- We're at different places in accepting the diagnosis

■ We haven't had a real conversation (not about logistics) in weeks

One thing I want to say to my partner this week:

SECTION 5

How I Feel Right Now

Use this space however you need — write, bullet points, a single word. No rules.

■ You're doing an incredible job. Even when it doesn't feel like it. Especially when it doesn't feel like it. — Sudhir, Autica