

# Problem Solving Journal

*The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.*

*What are the main sources of stress in my life? How do I handle it? How could I handle it better?*

*Other ideas for emotional self-care that I will try:*

*Ideas for taking care of myself physically that I plan to do:*

