



CARING FOR YOU, TOO.

a caregiver check-in with questions to help bring your own health
back into the conversation

We created this resource for the woman who takes care of everyone — the one who remembers the refill, schedules the follow-up, and notices when someone isn't quite themselves.

Caring for others is love.
So is caring for yourself.

Your health is not an afterthought.
It belongs in the conversation, too.

This guide gives you a few quiet minutes to notice how you are really doing, and ten questions to bring to your next appointment so your own health gets its turn.

Approach it with honesty, not guilt.
There are no wrong answers here.

Informed women make empowered decisions.

caregiver check-in

for each statement, mark how often it has been true for you lately. this isn't a test and there's no score — just patterns worth noticing.

statement	rarely	sometimes	often
I've postponed or skipped my own appointment because someone else needed me.	☐	☐	☐
I'm not sure when my last checkup or screening was.	☐	☐	☐
I wake up tired, even after a full night in bed.	☐	☐	☐
My sleep has changed since I took on more caregiving.	☐	☐	☐
I eat on the go or skip meals more than I'd like.	☐	☐	☐
I feel short-tempered or overwhelmed more often than I used to.	☐	☐	☐
I've noticed changes in my body that I haven't mentioned to anyone.	☐	☐	☐
I've stopped doing things that used to restore me.	☐	☐	☐
I don't have someone I can hand things off to.	☐	☐	☐
I feel alone in what I'm carrying.	☐	☐	☐

noticing a pattern?

If you marked "often" for several statements, that's worth sharing with your provider. Bring this page with you to your next appointment.

questions for your provider

sample questions to help guide a productive conversation with your provider.

- 01 Am I up to date on the preventive screenings recommended for my age?
- 02 Based on my family health history, should any of my screenings start earlier or happen more often?
- 03 My sleep has changed recently. What could be contributing? What should we look at?
- 04 I've been feeling more tired, foggy, or irritable. Could something besides stress be playing a role?
- 05 Would any lab work make sense based on how I've been feeling?
- 06 How might long-term stress be affecting my blood pressure, heart health, or weight?
- 07 I've been lifting, bending, or on my feet more for caregiving. Is there anything I should do to protect my back and/or joints?
- 08 Are my current medications and supplements still appropriate?
- 09 Can you connect me with mental health support or caregiver resources in our area?
- 10 What's one realistic step I can take for my own health in the next 30 days?

provider visit companion

use this page to guide a focused, productive conversation about your own health — not just everyone else's.

Three things I most want to talk about: _____

What I've noticed and when it started: _____

Medications + supplements I take: _____

My next step + follow-up date: _____

VISIT NOTES

*The information provided by the Oklahoma Women's Health Collective is for educational purposes only and is not intended as medical advice.
Always consult your healthcare provider regarding personal health decisions.*

stay connected to the COLLECTIVE

scan to join the community — trusted health education, meaningful events, and support, all in one place.



created by women, for women.

want to go deeper?

Collective Advocates receive The Caregiver Reset Kit — a care snapshot, family health history worksheet, two-week energy + sleep log, caregiving load map, and season plan.



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