

Caregiver Energy Plan

A weekly worksheet for volunteers, lay leaders, and staff.

1. Roles inventory

List your roles at church, work, and home. Mark the three needing your best energy this week.

Area	Role	Notes

2. Weekly energy budget

Choose two priorities to do well and one request you will decline.

Priority 1	
Priority 2	
One request I will decline	
Why this matters	

3. Rest and spiritual practices

Pick one practice that restores you and schedule it.

My restoring practice	
Day and time	
Location or cue	

4. Boundaries to protect

Check the boundaries you will defend this week.

- One shared inbox for care requests
- Do Not Disturb after hours
- Office hours followed
- Coverage plan when off
- Urgent vs non-urgent rules
- Weekly check-in not skipped

5. 60-second team check-in

Use these three questions and write one line for each.

What is heavy	
Where is hope	
What is next	

6. Weekly reflection

At week's end, note what gave life and what drained it.

What gave life	
What drained me	

7. Referral and support signals

If you notice these, share a warm referral or ask for support.

- Persistent sleep changes or headaches
- Growing cynicism or detachment
- Repeated crises or overfunctioning
- Thoughts of harm to self or others

Resource: 988 Suicide & Crisis Lifeline | Church Mental Health Training | ChurchMentalHealthTraining.com