

The 3 A.M. Caregiver Brain Dump Sheet

**For the nights when everything feels urgent
and your brain has 47 tabs open.**

This will not fix caregiving. It will help you get the chaos out of your head so you can see the next step.

1. What is happening right now?

What is actually going on?

2. What do I need to remember?

Meds, symptoms, changes, appointments, weird behavior, questions, or anything I'm scared I'll forget.

3. Questions I need to ask

Doctor, nurse, therapist, insurance, family, caseworker, pharmacy, or whoever is currently making life harder.

1.

2.

3.

4.

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4. People I may need to contact

- ☐ Doctor / clinic: _____
- ☐ Pharmacy: _____
- ☐ Insurance / Medicaid / caseworker: _____
- ☐ Family member: _____
- ☐ Other: _____

5. What actually needs action today?

Circle one or write your own.

- DANGEROUS** Someone could get hurt if this waits.
- URGENT** This needs attention soon, but nobody is actively on fire.
- IMPORTANT** This matters, but it can be planned.
- JUST LOUD** It feels huge because I'm exhausted, but it may not need action tonight.

What needs action today?

If everything feels urgent, start by naming what is actually dangerous.

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6. What can wait?

Give yourself permission to not carry every single thing tonight.

7. One tiny next step

Not ten steps. Not a life overhaul. One thing.

My next step is:

I can do this in:

- ☐ 2 minutes
- ☐ 5 minutes
- ☐ 10 minutes
- ☐ Tomorrow, because I am human

Tiny reminder

You are not failing because caregiving is hard. Caregiving is hard because it is too much for one person to carry alone. Do the next tiny thing. Then breathe.