

FROM BURNOUT TO BALANCE

A Guided Journal for Sandwich Generation Adults

JOURNAL



www.edlaprevette.com



Hello and Welcome

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Aging Parent Consultant
and Speaker



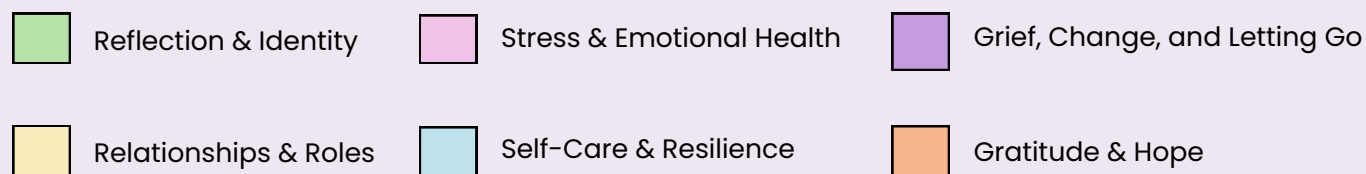
Tips for Using Your Burnout to Balance Journal

This journal is your space to slow down, check in with yourself, and reconnect to the parts of you that caregiving often pushes aside.

- Start each day by naming your feelings—honestly and without judgment.
- Use the self-care section to commit to one small act that nourishes you.
- Write a gratitude statement—not as a forced positive spin, but as a grounding reminder that even in hard seasons, moments of light still exist.
- Let the daily prompts guide your reflection and help you process what's really going on beneath the surface.

Use this journal consistently, even imperfectly, and over time you'll begin to shift from survival mode to something that feels more like balance.

Daily prompts are color-coded into these 6 areas of caregiving:



FEELING RESOURCE LIST

Identifying and naming your feelings during caregiving is crucial because it gives your inner world a voice in a season where everything else demands your attention. When emotions stay unspoken, they build up and often show up as burnout, resentment, or physical exhaustion.

Naming what you feel—whether it's guilt, grief, anger, or even relief—helps you process it rather than stuff it down. It also makes it easier to ask for the right kind of support and set healthier boundaries. Caregiving is emotional labor, and your feelings deserve just as much care as the tasks on your to-do list.

How am I feeling?

Happy

Proud

Grateful

Excited

Strong

Loved

Inspired

Motivated

Hopeful

Calm

Sad

Frustrated

Shameful

Lonely

Worried

Anxious

Fearful

Overwhelmed

Stressed

Nervous

Depressed

Add Your Own Feeling Words

SELF-CARE RESOURCE LIST

Incorporating self-care during caregiving isn't selfish—it's survival. When you're constantly pouring into others, your own well-being can quietly slip to the bottom of the list, leading to burnout, resentment, or health issues.

Regular self-care—especially small, consistent moments—helps refill your mental, emotional, and physical reserves so you can keep showing up without losing yourself. It also models healthy boundaries and balance for those around you, including the ones you're caring for. Simply put, you can't sustain caregiving if you're running on empty.

Ideas for Self-Care

Stretch Daily

Call a Friend

Drink Water First

Step Outside

Breathe Deeply

Brain Dump

Say No

Laugh Often

Walk and Talk

Create a Joy List

Listen to Music

Name Your Feelings

Set Boundaries

Color or Doodle

Use a Comfort Item

Write it Down

Watch Something Funny

Delegate Something

Use a Template Reply

Unplug Briefly

Your Self-Care Preferences

When You Need More Than a Journal

Having a circle of support during caregiving isn't just helpful—it's essential. No one person can meet all the physical, emotional, and logistical demands of caregiving alone. Different people serve different roles: a friend to vent to, a sibling to share responsibilities, a doctor or therapist to provide guidance, or even a neighbor to give you a break.

Tapping into a mix of support—both formal and informal—can lighten the load and remind you that you're not in this by yourself. Caregiving is heavy work, and the right people make it more bearable, sustainable, and sometimes even meaningful.

Make a list of the people and resources available to you:

Family Support

Community Support

Physical and Mental Health Support

Daily Journal

Mon

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

Who was I before caregiving became a central part of my life? Who am I now?

Thoughts & Reflections

Daily Journal

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What's the hardest part about caring for my parent(s) emotionally?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What are three signs I'm becoming emotionally depleted?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What are five small things I can do for myself this week?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What have I had to grieve silently during this caregiving journey?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What did I do today that I'm proud of, even if no one noticed?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What part of me feels most stretched right now?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What do I wish my parent(s) understood about me right now?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What do I need today that I haven't given myself?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What does "self-care" realistically look like in this season of my life?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What have I had to let go of—willingly or not—during this season of caregiving?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What unexpected blessings have come out of this journey?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

How has caregiving changed my view of aging?

Thoughts & Reflections

Daily Journal

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

How has caregiving impacted my relationship with my children or spouse/partner?

Thoughts & Reflections

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What does burnout feel like in my body?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

How do I talk to myself when I make mistakes? How can I show more self-compassion?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What roles or dreams have I had to put on hold, and how do I feel about that?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

Who has shown up for me recently, and how can I express my gratitude?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

In what ways have I grown stronger through this experience?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What boundaries do I need to strengthen with my parent(s)?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What are the emotions I push down most often, and why?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What does rest mean for me—not just sleep, but rest for my soul?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What parts of my parent are fading or changing, and how am I adjusting?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What do I want to remember about this chapter 10 years from now?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What do I miss about my old routines or life, and how can I honor those feelings?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What is one conversation I've been avoiding, and why?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

When was the last time I truly laughed, and what sparked it?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

When I feel overwhelmed, what helps me find my center again?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

In what ways am I grieving the relationship I wish I had with them?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

What gives me hope, even in the hardest moments?

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Today's Self-Care



Today I'm Grateful For



Today I Am Feeling

If future-me wrote a letter to present-me, what encouragement would they give?

Thoughts & Reflections

A series of 20 horizontal dashed lines spanning the width of the page, providing a template for handwriting practice.

From Me to You...

I was my parents' caregiver for over 10 years, and having to care for my aging parents was WAY more than I bargained for! It was equal parts perplexing and infuriating! Worrisome and frustrating!

Like you, I was thinking there has got to be a better way... but you're worried that if you stay on this trajectory, it's just going to get worse. **So my mission is to help you be the best caregiver you can be for your aging parents.**

I created this journal using my professional and personal experience to make the caregiving journey easier for you.

Witnessing the changes in your parents as they age is not only sad but challenging. Hang in there!


Much Love,
Edla

My work is in honor of my parents
Dick and Jean Pope
and my in-laws
Harry and Helen Prevette



Additional Resources from Edla Prevette


BITE-SIZED SELF-CARE
15 Self-Care Snacks for On-the-Go Caregivers



Created for you by Edla Prevette, LCMHC
www.edlaprevette.com



Glove Box Gratitude: Affirmations for Caregivers



Created for you by Edla Prevette, LCMHC
www.edlaprevette.com



Glove Box Gratitude

2 For \$12


Bite-Sized Self-Care



www.edlaprevette.com




One-Eighty: Managing and Avoiding Power Struggles with Your Aging Parent



CREATED FOR YOU BY: Edla Prevette
www.edlaprevette.com



Decoding Parental Behaviors



How to Emotionally Regulate Your Aging Parents

CREATED FOR YOU BY: Edla Prevette
www.edlaprevette.com



From Frazzled to Festive
Making the Holidays Easier with Aging Parents



CREATED FOR YOU BY: Edla Prevette
www.edlaprevette.com



Family Vacations: From Sizzling to Serene



Stress-Busting Tips for Families with Aging Parents



Scan this QR Code for more details

Boundaries Guide for Caregivers

4 Steps to Protecting Your Energy, Your Peace, and Your Mental Health

www.edlaprevette.com



Free Resources

More Practical

The One-Eighty Shift: From Frustrated to Confident
3 Simple Steps to Better Communication with Aging Parents



CREATED FOR YOU BY: Edla Prevette
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Step 1: Active Listening Skills

FREE GUIDE



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