



A resource for the sandwich generation:

Essential actions for everyday challenges

Daily emotional wellbeing check

- Have I taken 10 minutes for myself?
- Have I checked in on my emotions and identified which is strongest?
- Have I reached out to someone in my support network?

Time and priority check

What absolutely must get done today?

What can be delegated?

What can wait?

Support and boundaries check

Who can I ask for help this week (siblings, partner, friends, services)?

Which responsibilities am I holding that someone else could take?

Have I communicated what I cannot take on?

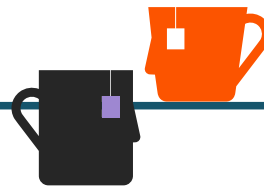
Burnout symptoms check

Am I experiencing:

- Fatigue or overwhelm
- Irritability, resentment or guilt
- Difficulties sleeping
- Guilt or resentment
- Indecisiveness or inability to process information

Immediate next steps if I'm overwhelmed

1. Take 5 minutes to breathe
2. Identify one task to hand off
3. Contact a support service or trusted person
4. Schedule a short break this week



Where to go for help

Beyond Blue:

Call 1300 224 636 or [chat online](#)

Lifeline:

Call 13 11 14, text 0477 131 114
or [chat online](#)

Carer Gateway:

Call 1800 422 737

Explore more support and resources for the sandwich generation
australianunity.com.au/wellbeing/sandwich-generation

