THE CAREGIVER RESET.

Caregiving can ask a lot of you. This page is not about doing more. It is a quiet place to notice how **you** are doing, what you need, and where you may need support.

How am I doing - really?

What has been taking the most from me lately?

What do I need more of right now?

What do I need less of right now?

Who can I lean on or ask for support?

A reminder: Supporting someone you love should not require you to disappear inside their illness.

BACK TO ME.

Caregiving is something you do. It is not all that you are. Use this page to reconnect with your interests, your joy, and the parts of your life that belong to you.

Something I used to enjoy...

Something I would like to try...

Something that makes me feel like myself...

This week, I will make room for...

MY LITTLE JOY TRACKER

Choose one small thing that is yours - reading, music, a walk, art, gardening, a show, a hobby, quiet time, or anything that helps you return to yourself.

MON	TUE	WED	THU	FRI	SAT	SUN

Permission slip: I am allowed to rest. I am allowed to have joy. I am allowed to need support, too.