



The Emotional Cost of Caregiving — Holding Space for Yourself

Tired? Guilty? Angry? Sad? These feelings don't make you a bad caregiver. They make you **real**.

Let's breathe through this together.



Signs You're Carrying Too Much Alone



Trouble sleeping



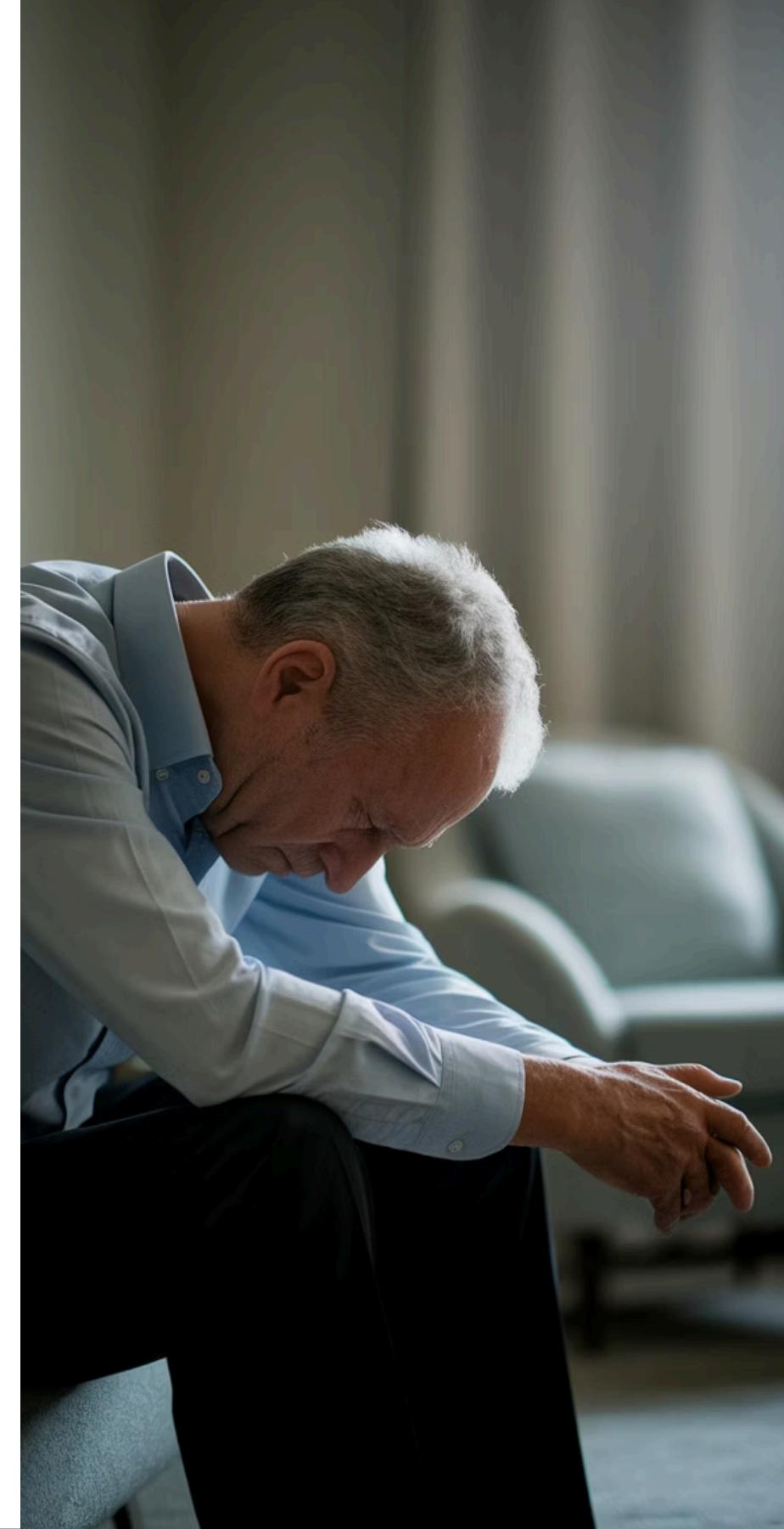
Feeling detached



Snapping at others



Losing joy in things you once loved



Normalise Your Need for Help



You can't pour from an empty cup

When we give continuously without replenishing ourselves, we eventually run dry. Taking care of yourself isn't selfish—it's necessary.



Accepting help is strength, not failure

Reaching out takes courage. Remember that allowing others to support you demonstrates wisdom, not weakness.



Micro-Moments of Care for You

5 deep breaths in another room

Find a quiet space, even if just for a minute. Breathe in for 4 counts, hold for 2, and exhale for 6. This simple practice can reset your nervous system.

Music in headphones while cooking

Create a personal sanctuary with your favorite songs while performing daily tasks. This small escape can transform routine activities.

A walk alone, even just to the mailbox

Brief moments of solitude and fresh air can provide perspective and a mental reset when you need it most.

Connect With Someone Who Gets It

A caregiver support group

Finding others who understand your unique challenges can provide validation, practical advice, and emotional relief. These connections remind you that you're not alone in your experience.

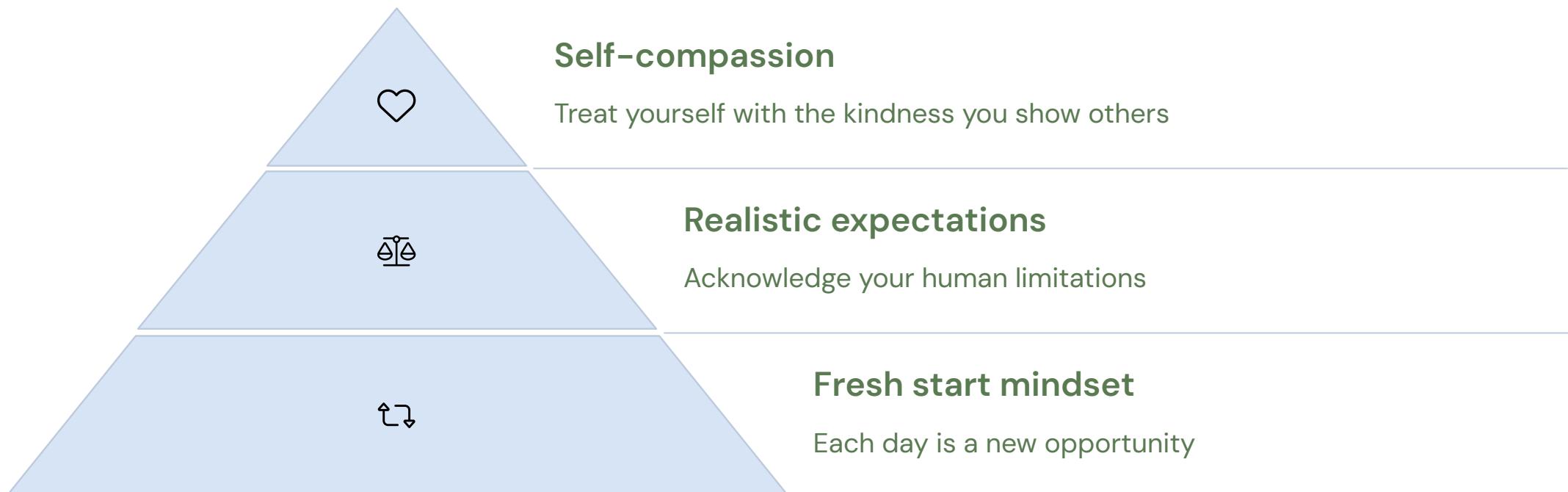
A friend who listens without trying to fix

Sometimes you just need someone to hear you without judgment or solutions. A compassionate ear can help you process difficult emotions and lighten your mental load.



Forgive Yourself for Hard Days

You are doing a job meant for many — and you're still showing up.





Reclaim Small Joys



10 minutes with a book

Brief escapes into another world can refresh your mind and spirit, even when time is limited.



A funny video

Laughter releases tension and reminds you of lightness during heavy times.

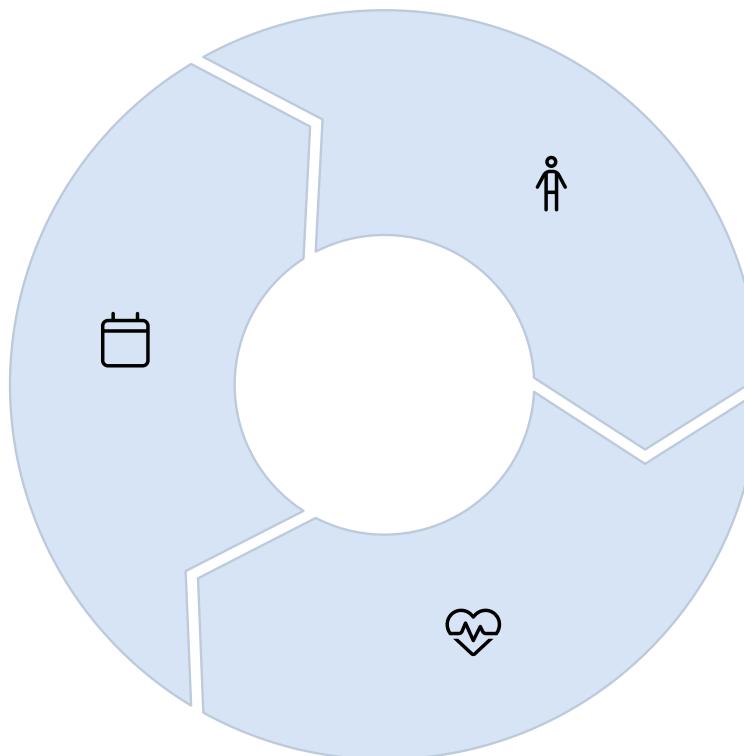


A warm bath without guilt

Allow yourself to fully enjoy moments of relaxation without the burden of feeling you should be doing something else.

Replenish When You Can

Consider respite care
Scheduled breaks are essential



- Rotate caregiving with others**
Share responsibilities when possible
- You matter, too**
Your wellbeing is a priority

Ask Navigate Dementia



How do I handle caregiver burnout?

Get personalized strategies for your situation



What are 5-minute self-care ideas?

Quick solutions for busy caregivers



Can you help me explain I need help?

Scripts and approaches for difficult conversations