

What I wish someone would have told me *when caring became consuming*

*A Wisdom & Warnings companion
for the caregiver*

- Not knowing everything doesn't mean you're failing.
- You're allowed to learn this as you go.
- Doing it alone isn't the same as doing it well.
- Love doesn't require perfection—just presence.
- You don't stop mattering because someone else needs more.

Caregivers often become experts overnight—without training, without rest, without applause. The quiet pressure to “handle it” can make you forget that you're human too.

You are not behind.

You are in it.

Reflection Prompts

What am I carrying that I was never meant to carry alone?
(Name it without judgment.)

Where could I accept help; even imperfect help?
Help doesn't have to be ideal to be useful.

One boundary that would protect my energy right now:

These insights come from caregivers who learned by living it.
You'll find 365 days of wisdom in the Wisdom & Warnings
book: Because You Care.