

Small Ways Caregivers Can Support Themselves

Support your Body

Small regulation steps that build capacity

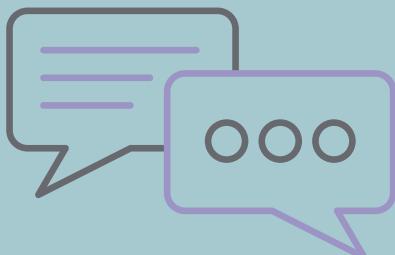
Water in the morning · A little protein ·
3 slow breaths · 10-second shoulder stretch ·
1–2 minutes outside · 20-second eye rest



Support your Mind

Lighten the mental load with tiny shifts

Write one thing down · Plan just the next hour ·
5-minute start timer · Tell yourself “not
everything has to happen now”



Support your Emotions

Let someone help you carry the load

Text one supportive person · Ask for help with
one task · Say “today is heavy” · Be heard, not
fixed

Support your Environment

Make life easier with small adjustments

Keep daily items in one spot · One “no-thinking”
meal · Set clothes out early · Clear one tiny surface

Support your Future Self

Tiny choices that protect your energy

Say no to one thing · Say yes to something that
helps you · Set one small boundary · Give
yourself permission to rest

