Repair and support

A short reflection for a hard caregiving day

Name what happened without judging your whole worth. Arrange appropriate coverage before stepping away.

What actually happened?

What was within my control?

One repair or apology, if needed

One specific support request and time

Suitable coverage for my break

One task that can wait; one kind thing I did

Reflection is not therapy. U.S. crisis: 988. Immediate danger: 911.