A PAUSE, A PRACTICE, A NEXT STEP

Caregiver Grief

Your needs belong in the picture too.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Name one loss

You might miss shared conversations, freedom, or the role you once had. Naming a loss does not blame the person you care for.

01 / Notice and reflect

What has changed for me?

02 / Notice and reflect

What feeling am I judging?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Tell your care team if exhaustion, grief, or resentment feels hard to manage. You deserve support before you reach a breaking point.

Read more: NIA · Caring for yourself while caregiving

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.