

the feeling of helplessness

a likely concern



the fear of other's sympathy and them not being genuine

a likely concern



having trouble coping with a job

a likely concern



the difficulty communicating with your loved one

a likely concern



wanting a listening ear from those around

a likely concern



struggle in maintaining a social life

a likely concern



feeling exhausted and not knowing where to seek support

a likely concern



difficulty entrusting others to care for your loved one

a likely concern



the struggle finding positivity in caregiving

a likely concern



difficulty talking about caregiving with friends and family

a likely concern



not knowing where to seek support

a likely concern



the struggle keeping track of various healthcare providers

a likely concern



not understanding the differences between support channels

a likely concern



lack of time to spend on self

a likely concern



fear of dealing with unpredictable situations

a likely concern



feeling of loneliness in your caregiving journey

a likely concern



a likely concern



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the struggle finding positivity in caregiving

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difficulty talking about caregiving to friends and family

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not knowing where or how to destress

a likely concern



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feeling of loneliness in your caregiving journey

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taking initiative to share your story

this may help

trust that caregiving can help bring the family together

this may help

know that it's alright to not be okay

this may help

schedule and note down all the important appointments

this may help



actively search for support groups and channels

this may help

find time to rest and knowing when to take a break

this

staying adaptable so that you better prepare for unexpected situations

this may help

trust that others can provide quality care

this may help



viewing caregiving as an empowering and rewarding experience

this may help

trust others are genuine in providing help and support

may help

you are stronger

this may help

be aware of your caregiving goals and what you value

this may help



be decisive and take action rather than overthinking

this may help

accept help from others, it is as much a gift to them as to us

this may help

appreciate small achievements and moments of joy

this may help

know that you have helped ease your loved one's life

this may help



this may help



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viewing caregiving as an empowering and rewarding experience

this may help

trust others to be genuine in providing help and support

this may help

know that you are resilient and stronger than you look

this may help

be aware of your caregiving goals and what you value

this may help



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