



Caring for Yourself While You Care for Others

Small ways to refill, for those who hold it together for everyone else.

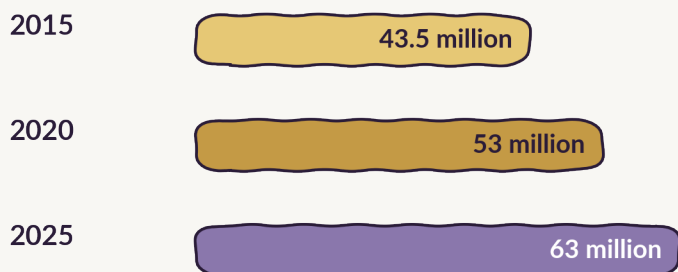
Hello friend,

Most of the people I work with are the ones other people lean on. The daughter who calls her parents every evening. The manager whose team brings her the hard things first. The new dad doing the night feeds and the morning meetings. The friend who receives texts at eleven at night.

If that is you, you already know how to take care of someone. So let me ask: **who is taking care of you?**

There is only so much of you

FAMILY CAREGIVERS IN THE US



Nearly 1 in 4 adults now cares for a family member or friend.

COMMON SIGNALS TO LOOK FOR



Feeling drained

Someone you love walks into the room, and you have little left to give.



Losing focus

You read the same paragraph three times and it still slips away.



Losing joy

The things you used to enjoy start to feel like one more task.



Put your name on one hour this week.

Choose it in advance and protect it the way you would protect a promise to someone you love. The people who lean on you are counting on you to have something left.

Caring while you work

6 in 10 family caregivers also hold a job. If you are juggling both, most caregivers are doing the same.

SPECIFIC ASKS FRIENDS AND FAMILY CAN SAY YES TO

- A ride to one appointment.
- A meal on the toughest day of your week.
- One hour of company for the person you care for.

A specific ask is easier to say yes to than "let me know if you need anything."

FAMILY CAREGIVERS, 2025

Are also raising children	Nearly 1 in 3
Have cared for 5 years or more	1 in 3
Feel socially isolated	Nearly 1 in 4

SMALL ROUTINES THAT HELP

- Keep water and a snack where you provide care. Staying fueled keeps you recharged.
- Step outside or in direct light for five minutes between tasks.
- Tell one person how you are really doing.

Four small ways to refill without feeling like another obligation

Each one takes ten minutes or less. Choose one to start.



Anchor to the ordinary

Five minutes with coffee before email, or ten minutes outside after a meeting. Something that repeats daily and marks a boundary without planning.

A rhythm you keep.



One person who already knows

Text someone real about how you are today. One line is enough, like "I'm tired." No fixing needed.

The refill comes from being seen.



Busy hands, quiet mind

Doodling, washing dishes slowly, shuffling cards. Let your hands stay busy while your mind rests.

Attention that is free to wander.



Five slow breaths

Before you walk into the next room, breathe out longer than you breathe in.

Slow breathing is linked to lower anxiety (Stanford, 2023).

Through the busy season

November is National Family Caregivers Month, and the holidays ask the most of those who hold it together for everyone else. Claim your hour now, while the calendar has room. This makes it easier to keep through December.



This week

Claim one hour

Start small

Build it in your routine



Nov 1

Family Caregivers Month

Keep your hour



Nov 26

Thanksgiving

Your hour still counts



Dec 21

Longest night

Rest is part of the plan

Your check-in this week

Three questions, in the rhythm of my Nurturing Strategies Framework™.

DETECT Who gets the best of your attention right now, and who gets what is left?

ALIGN What did you say yes to this week that you would say no to if you were rested?

APPLY What is one thing you do only for yourself, and when will you do it next?

Be gentle with yourself



Caring for others can wear on your own health. If fatigue lasts for several weeks, or you start to lose interest in what usually brings you joy, check in with someone who asks about you.

Next month: making decisions you feel at peace with. Want to talk sooner? My first consultation is complimentary. [Book it on Calendly.](#)

I would love to hear which practice you choose from the list above. ✉ [Write to me anytime.](#)

With warmth, *Rohinie*

Sources: AARP and National Alliance for Caregiving, Caregiving in the US (2015, 2020, 2025); American Academy of Sleep Medicine; Balban et al., Cell Reports Medicine, Stanford Medicine (2023); Holt-Lunstad et al., PLOS Medicine (2010); Administration for Community Living. General wellness information; your healthcare provider is your guide for medical care.