

# Care work without burning out

Listening all day for a living, and still having something left.

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6 lessons. After each one, answer its question here in a few honest lines. Then try it in one real conversation that week, and come back to note what happened.

## LESSON 1 OF 6

# What Self-Care Really Means

Where do you give advice when you are actually tired of listening?

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This week I tried it with:

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## LESSON 2 OF 6

# A Candid Conversation with Rachel Bloom

What is one thing you do after a hard conversation to come back to yourself?

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This week I tried it with:

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### LESSON 3 OF 6

## Letting Go of Perfection

What tells you, before anyone else notices, that you are running out?

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This week I tried it with:

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### LESSON 4 OF 6

## Caring for Someone with Dementia

What do you carry home from caring for others that isn't yours to carry?

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This week I tried it with:

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## LESSON 5 OF 6

### Young Carers in Their Own Words

What do you carry home from caring for others that isn't yours to carry?

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This week I tried it with:

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## LESSON 6 OF 6

### When to Step Back from Social Media

Where do you give advice when you are actually tired of listening?

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This week I tried it with:

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