

Caring for someone you love

When a parent, partner or child needs you more than before.

4 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 4

Caring for Someone with Dementia

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

This week I tried it with:

LESSON 2 OF 4

Young Carers in Their Own Words

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

This week I tried it with:

LESSON 3 OF 4

What Self-Care Really Means

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

This week I tried it with:

LESSON 4 OF 4

Letting Go of Perfection

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

This week I tried it with:
