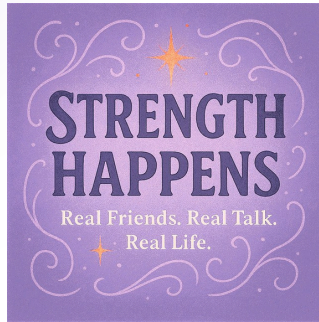


Journaling Prompts for Caregivers

Reflect on Relationship Changes

How has your caregiving role changed your relationships with your spouse, children, friends, or extended family?

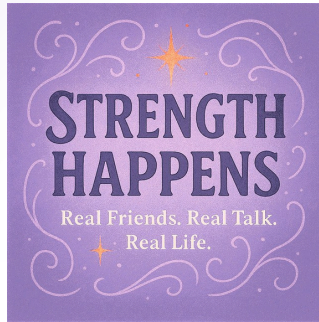
What moments have strengthened these bonds, and what moments have felt the most challenging?



Exploring Boundaries & Support

Where do you notice tension or burnout in your caregiving relationships?

What boundaries or support systems (friends, therapy, caregiver groups) could help you feel more balanced and supported?



Finding Small Joys & Resilience

Identify one small, sustaining moment of joy or connection you experienced recently with someone you care about.

How can you intentionally create more of these moments—for yourself and others—amid the demands of caregiving?
