

## Season 1: Episode 9

### Identity & Purpose Beyond Caregiving

#### Episode Summary

In this heartfelt episode, Jill and Janine open up about what it means to lose—and slowly rediscover—your identity beyond caregiving. Through personal stories of motherhood, medical challenges, and rediscovered passions, they remind caregivers that while caregiving shapes who we are, it doesn't define all of who we are. This episode is a conversation about balance, purpose, and the small but powerful steps back to yourself.

#### Key Takeaways

- ✦ You are more than your caregiving role. Caregiving is meaningful, but it's not your entire story.
- 🌱 Rediscovering yourself takes time—and that's okay. It may take years to reconnect with your passions and purpose, but every small step counts.
- 🧘 Balance is possible, even if imperfect. Your dreams can coexist with caregiving. It's not selfish to want both.
- 💧 Self-care isn't optional—it's essential. When you nurture your own wellbeing, you show up stronger in every role you hold.
- 🤝 Support is strength. Lean on your community—other caregivers, friends, local groups, and online networks. You're not alone.

#### Reflection Prompts

- What words describe you—beyond caregiving?
- What passion, dream, or hobby did you once love that you want to revisit?
- How has caregiving reshaped your sense of purpose?
- What's one small thing you can do this week just for you?

#### Try This Week

- Journal for 10 minutes about who you are outside of caregiving.
- Take a short walk alone or enjoy a quiet cup of coffee uninterrupted.
- Look into a local support network:
  - Look online: [caregiver.org](https://caregiver.org)
  - Local hospitals or community centers offer support groups
  - Nearby universities (therapy or education students can often help)
  - Online Facebook groups for caregivers and parents

