



MENTAL WELLNESS RESOURCE
FOR

family caregivers

LETTING GO OF *guilt*

Guilt is a natural emotion, but holding onto it can weigh us down. This simple exercise helps you reflect with compassion, shift your perspective, and take a small step toward release.

STEP 1: Acknowledge the Guilt

What are you feeling guilty about?

Take a moment to gently name the thoughts, actions, or situations that are weighing on you.

STEP 3: Practice Self-Compassion

What would I say if I were being truly kind to myself?

Speak to yourself with honesty, softness, and care.

STEP 2: Shift Your Perspective

Would you judge a friend the same way?

Think about how you would respond if someone you love were in your shoes.

STEP 4: Release and Move Forward

What's one small thing I can do today to let go of this guilt?

This could be a mindset shift, an act of self-care, or simply permission to pause.

Read this aloud—slowly, and with meaning:
"I am doing the best I can with what I have today."

DAILY reflection

___ / ___ / ___
S M T W T F S
O O O O O O O

MOOD:



TODAY I AM GRATEFUL FOR

1. _____
2. _____
3. _____

ONE SMALL WIN

TODAY'S AFFIRMATION

CHALLENGING PART OF THE DAY

ONE THING I WANT TO REMEMBER

HOW I PRIORITIZED MYSELF TODAY

Caregiver Affirmations for Daily Encouragement



Caregiving
is a
challenge
but it is
teaching me
a lot



I am
accepting
the ways
my loved one
is changing

I am not
alone
in this
journey



I AM
the source of
strength for
my loved
ones



Caregiver Affirmations for Daily Encouragement



Compassion
is my
strength,
not my
weakness



I bring
comfort,
calm, and
kindness
every day

This journey
is hard,
but I am
steady.



My care
knows no
boundaries,
neither does
my resilience

