FAMILY CAREGIVER PERMISSION SLIP

I give myself permission to...

- ☐ Ask for help before I feel overwhelmed.
- ☐ Take a break without feeling guilty.
- ☐ Say no when I don't have the capacity to do something.
- ☐ Have feelings that are complicated or difficult.
- ☐ Be tired.
- ☐ Have needs of my own.
- ☐ Spend time doing something I enjoy.
- ☐ Take care of my health and keep my own appointments.
- ☐ Accept help without negative feelings.
- ☐ Change my mind or adjust the plan.
- ☐ Have a life outside of caregiving.
- ☐ Not have all the answers.
- ☐ Be honest and talk about how I am really doing.
- ☐ Let someone else take care of something for a while.
- ☐ Rest without having to earn it.
- ☐ Remember that I am a person, not just a caregiver.

One thing I can ask someone else to help with:_____

_____

Someone I can reach out to:_____

_____

trauma survivors network
provided by ATS
survive. connect. rebuild.