



Caring Without Disappearing

A gentle reminder that supporting someone else does not require losing yourself.

Start here

- 1 Check your capacity: What can I realistically offer today?
- 2 Name one boundary: "I can help with ____, but I cannot ____."
- 3 Build a small support circle: Who can share one task, listen, or check in?
- 4 Choose a restoration moment for yourself: food, rest, movement, quiet, or connection.

Keep close

- Care is more sustainable when it includes me too.
- Boundaries can protect love, not reduce it.
- I do not have to do this alone.

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