



WORDS YOU CAN BORROW

For the caregiver who is out of words

Saying no and asking for help are languages, and nobody teaches them to caregivers. Borrow these until your own words come back.

Words for saying no.

Every no you say protects a little of the energy you still have.

- “I can't take that on right now.”
- “That doesn't work for us this week.”
- “No, but thank you for thinking of me.”
- “I'm stepping back from this for the season.”
- “I love you, and I can't do that this year.”
- “That was possible before. It isn't right now.”

Words for asking for help.

Specific asks get yeses. Vague ones get thoughts and prayers.

- “Could you sit with him Tuesday from 2 to 4 so I can get to my own appointment?”
- “Dinner would genuinely help this week. Could Thursday be yours?”
- “I don't need advice right now. I need twenty minutes of listening.”
- “Could every Tuesday afternoon be yours?”
- “Could dinner on Thursdays be your thing this month?”
- “Could you take the pharmacy run, every time, from here on?”

From 90 Days for the Caregiver, a self care journal with a different prompt every day.

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