

CareGivers4Cancer

Battling cancer together

Dear Caregiver,

You are an amazing human being. It takes a special kind of person to put their needs aside in service to another. You do it everyday and I want you to know that your hard work has not gone unnoticed. Your strength, determination, and willingness to show up - to spend your precious time and energy on someone who needs you - is a selfless act of good in the world. We need more people like you.

When you feel tired or frustrated by the fact that you can't get your own needs met right now, please remember this:

- ∞ You are becoming a master at the art of compassion and love and I admire you.
- ∞ Your kindness and generosity will be returned to you in unexpected ways.
- ∞ Your giving is seen and appreciated by someone who cares.
- ∞ You are stronger than you know.
- ∞ Your turn will come.

For every encouraging word you speak, every tear you wipe, or meal you cook, please know that your contribution matters. You're not only making a difference in the life of a single person, you're making a difference in the world. After all, when you consider the big picture, what could possibly be more important than sharing our love?

During this time, please take good care of yourself. When you feel like you just can't do it anymore (and I know you feel that way at times), take a deep breath and trust that there are unseen forces available to you right now, in this moment. Stop and ask for help. Ask for the courage and strength to balance your self care with the care of your loved one. When you need to, find someone to vent with every now and then. It's normal to feel irritated, exhausted, or fed up with all you have to do. Don't worry. Good people get angry, too.

Most of all, ask a Higher Power for clear signs of support so you know beyond a shadow of a doubt that you are not alone. Then keep your eyes open. An unexpected offer of help may appear out of nowhere, or a friend may call at the exact moment you need someone to listen.

As you go about your week, please remember that someone cares about you. While I know you need to be strong, every now and then, let the walls down a little so the people, who love you and want to help, feel comfortable offering their support. And when they do - take them up on it!

Love,

Someone who cares

Author Unknown

