



The Tired That Comes From Loving Deeply

**A gentle pause for caregivers who
are tired in a way rest does not fix**



Dear Caregiver,

If you found yourself here,
it is likely because you are tired in a way sleep does not fix.

Not just physically tired.
But tired in your bones.
In your thinking.
In your heart.

Yes, you love deeply.
Yes, you are doing your best.
And yes, some days still feel like too much.

If you found this, I am glad you did. You are not alone here.

Jesus said,
“Come to Me, all you who labor and are heavy laden, and I
will give you rest.”
-Matthew 11:28 NKJV

This is a place to pause.
To breathe.
To steady yourself.
To feel understood.

I have been where you are.
And you are not alone here.

Love,
Carolyn



Before you read anything else,
let's slow your body down for just a moment.

Place one hand on your chest
and one hand on your stomach.

Breathe in slowly through your nose
to a count of four.

Hold gently for two.

Slowly exhale through your mouth
to a count of six.

Repeat this two more times.

Nothing else needs your attention right now.

Your body just received a signal
that you are safe in this moment.

That matters more than you think.



You are not failing.
You are exhausted.

When you care deeply
and carry responsibility for someone you love,
your nervous system works overtime.

Over time, exhaustion can start to feel like failure.
But it is not failure.

It is what happens
when love and responsibility
do not get a full break.

Nothing has gone wrong with you.

Your body is responding exactly the way a caring body does
when it has been needed for a very long time.



When everything feels heavy, even small decisions can feel overwhelming.

What to eat.

What to say.

What to do next.

This is not weakness.

This is decision fatigue.

Decision fatigue happens when your brain has been asked to make too many decisions without enough rest.

Caregivers experience this faster and deeper than most people because the decisions never truly stop.

Your brain is tired.

Not broken.



Decision fatigue often shows up as:

Putting off simple tasks

Feeling frozen or stuck

Second-guessing everything

Crying over small things

Feeling guilty for resting

Feeling irritated,

then feeling bad about it

If this feels familiar, quietly, internally, something in you may be saying yes.

Yes, this explains it.

Yes, this finally has a name.

Many caregivers reach this point without realizing what is happening.

They carry it silently.

You do not have to.



You were never meant to carry all of this by yourself.

Not because you are incapable.

Not because you are doing something wrong.

But because God did not design love to be carried alone.

This is not a command.

It is an invitation.

God already sees the weight you carry.

The decisions.

The vigilance.

The quiet exhaustion that love brings.

You are allowed to let Him carry what you cannot.

You are allowed to rest without guilt.

You are allowed to receive help, support, and steadiness along the way.

Nothing about your faith is lacking here.

This season is not failure.

It is refinement.

And refinement is never wasted.



Take what you need from this space.

Let your shoulders soften, even slightly.

You do not have to hold everything alone.

Love,
Carolyn

P.S. If you do one thing after this, read Page 2 again tonight and let your body settle.

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