

A faded, light-colored background image of several daisies with yellow centers and white petals, some in full bloom and some as buds.

You Are Not Imagining This

Here's What You're Carrying



Dear Caregiver,

Before we begin, let me say this gently.

Nothing in this resource needs to be done perfectly.
You do not need to finish it all at once.
You are allowed to stop and come back at any point.

This is not about changing who you are.
It is about making today feel lighter.

If all you do is read this page and breathe once, that is enough.

You are welcome here.

Love,
Carolyn



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

What to do next.

What to say.

What matters most.

What cannot wait.

When decisions never stop, your brain goes into protection mode.

Thinking feels harder.

Small choices feel heavy.

Everything feels urgent, even when it is not.

This is not a personal flaw.

This is what happens when you care deeply for a long time.

Your brain is tired.

Not broken.



For today, you only need to make three decisions.

That is it.

Not twenty.

Not everything.

Just three.

Ask yourself:

What are the three decisions that truly matter today?

Write them down if that helps.

Or simply name them quietly to yourself

Everything does not need your energy right now

Everything else can be simplified

Everything else can wait.

Fewer decisions is not giving up.
It is choosing wisely.



When a decision comes up, run it through this filter:

Does this protect my energy?

Does this truly matter today?

Will something be harmed if this waits?

Is this person an energy giver or an energy taker?

If the answer is no, you have permission to pause.

If the person is an energy taker, you have permission to protect your capacity.

Pausing is not avoidance.

Pausing is care.

You are allowed to decide later.

You are allowed to decide differently.

You are allowed to decide with kindness toward yourself.

Copy & Paste Response

**That sounds lovely but I can't
commit to that right now**



Save this in your phone notes
for the next time someone asks
for more than you have to give.



If you feel frozen or overwhelmed, try this:

1. Place both feet on the floor.
2. Notice something you can see.
3. Notice something you can feel.

Then choose one small action that feels safe.



Not productive.



Not impressive.



Just safe.

Movement comes after safety.

Clarity comes after calm.

You are allowed to take this one step at a time.



Dear Caregiver,

What you are experiencing makes sense.

When responsibility has been constant,
when decisions have been unending,
the mind grows tired long before the body does.

This is not a failure of discipline.
It is not a lack of strength.
It is a signal that you were never meant to carry everything alone.

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

Rest is not avoidance.
It is an invitation.

You are allowed to pause.
You are allowed to receive help.
You are allowed to let go of decisions that do not belong to this
moment.

You are not imagining this.
And you are not alone in it.

With care,

Love,
Carolyn



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