

ND Caregiver's Self-Care Hack Sheet

Self-care was not designed for your brain. Here's how to hack it.

HACK 1: Externalize Everything

- Your brain cannot be trusted to remember. Use visual cards, sticky notes, reminders on your lock screen.

HACK 2: Micro-Dose Your Resets

- Three minutes, not thirty. One breath, not meditation. A sip of water, not a hydration goal.

HACK 3: Sensory Regulation Over Self-Improvement

- When overstimulated: noise-canceling headphones, dim lights, cold drink, zero demands. Then try.

HACK 4: Outsource the Guilt

- This is a symptom of caring, not a symptom of failure. Name it. Let it pass. Don't argue.

HACK 5: Find Your People

- One person who won't judge the messy, exhausted, doing-their-best version of you. Online or offline.

THE BOTTOM LINE

- Drink water. Eat something. Put your phone down. Breathe once.
- These are not failures. They ARE self-care, adapted for your reality.

