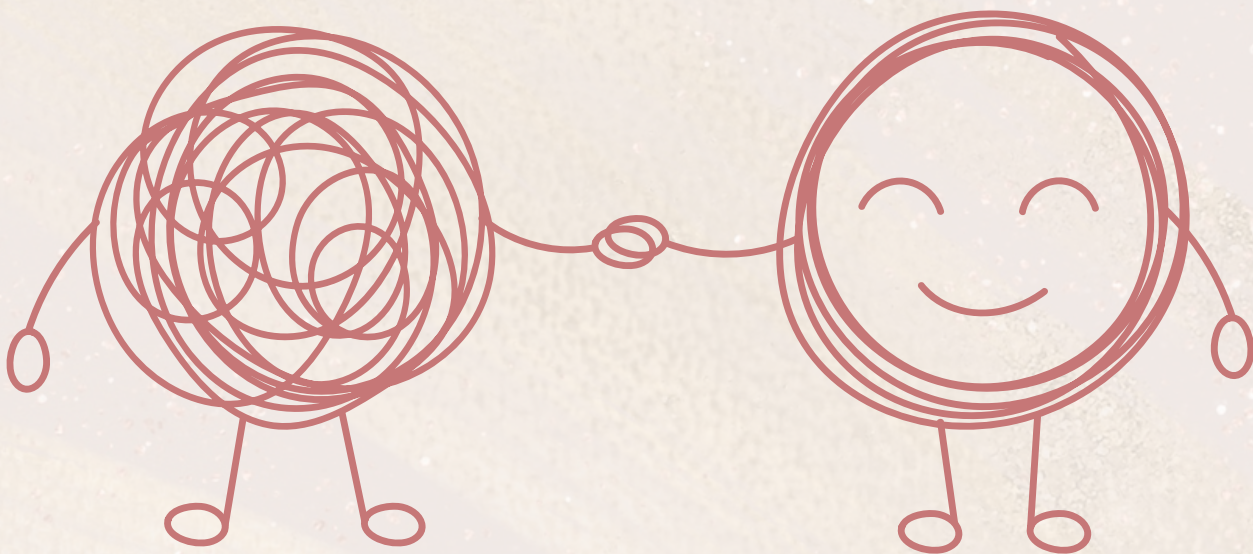


“DID YOU TRY THERAPY... FOR YOURSELF?”

A question I wasn't ready for.



Swipe to know more

WHEN SOMEONE I LOVE HAD A **STROKE**, ALL MY **FOCUS** WENT TO:



Doctors



Therapy sessions



Medications



Progress charts

There was no space for me.

Swipe to know more

I TOLD MYSELF:

- I'm fine.
- I just need to be strong.
- They need me more.

So I kept going.



Swipe to know more

BUT CAREGIVING IS HEAVY.

It's:

- Fear you don't talk about
- Exhaustion you hide
- Guilt when you feel overwhelmed
- Loneliness in a crowded hospital room



Swipe to know more

SOMEONE ONCE **ASKED ME**

Who is supporting you?

I didn't have an answer.



Swipe to know more

THERAPY WASN'T **WEAKNESS**

It was a place where:

- I could say,
- I'm scared.
- I'm tired.
- I don't know how long I can do this.

And not be judged



Swipe to know more

CAREGIVERS CARRY **TRAUMA** TOO

- The emergency.
- The ICU.
- The uncertainty.

**We don't just witness it.
We absorb it.**



Swipe to know more

TALKING TO SOMEONE **HELPED** ME

- Release guilt
- Set boundaries
- Manage anxiety
- Show up stronger

Not perfect. Just steadier.

Swipe to know more



IF YOU'RE A **CAREGIVER** READING THIS...

You deserve support too.
You are not "less important."



Swipe to know more

**TAKING CARE OF YOUR MENTAL
HEALTH
DOESN'T TAKE AWAY FROM THEIR
RECOVERY.**

It protects both of you

