

PAULA PHELPS, LCSW



# THE 15-MINUTE CAREGIVER'S RESET

A simple plan to help you care for your parent...  
without losing yourself in the process



## **If You're Caring for an Aging Parent, This Is For You**

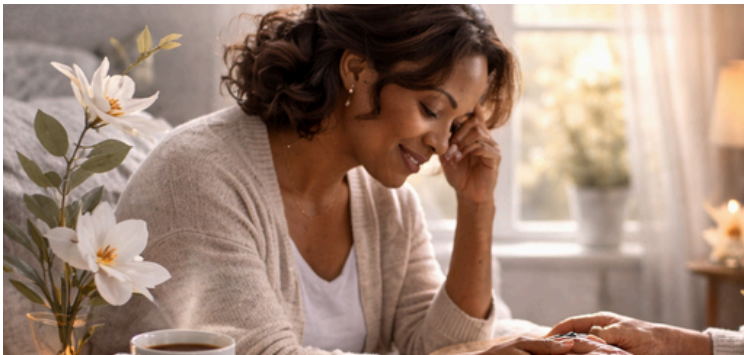
Caring for an aging parent is one of the most loving things you can do.

But it can also feel overwhelming, exhausting, and isolating.

Many women find themselves juggling caregiving with work, family, and everyday life, until suddenly they realize there's no space left for themselves.

If you've been feeling:

- constantly tired
- emotionally stretched
- guilty for even thinking about taking time for yourself



You are not alone.

This plan will help you create a **simple 15-minute reset** routine so you can restore your energy and start caring for yourself again, without feeling like you're neglecting your parent.





## Why So Many Caregivers End Up Exhausted

Most caregivers don't burn out because they don't care enough.

They burn out because they care too much and rarely give themselves permission to rest.

Many women fall into what I call the Caregiver Disappearing Act, where their needs slowly fade into the background.

Signs this may be happening to you:

- ✓ You feel responsible for everything
- ✓ You rarely take time for yourself
- ✓ You feel guilty when you do rest
- ✓ You're emotionally and physically drained

The truth is: **you cannot pour from an empty cup.**

Caring for yourself isn't selfish.

It's what allows you to keep showing up with love.





## Are You Running On Empty?

### QUICK BURNOUT SELF-CHECK

Rate the following from 1 (rarely) to 5 (almost always)

- I feel emotionally drained by caregiving
- I struggle to find time for myself
- I feel guilty when I rest
- My needs come last most of the time
- I feel like caregiving has taken over my life

Scoring

20–25 → You are likely experiencing caregiver burnout

15–19 → You may be heading toward burnout

Under 15 → You may still have some balance, but support will help

Reminder:

This isn't about judgment.

It's simply awareness—and awareness is the first step toward change.



# The Reset That Fits Into Your Real Life

## THE CAREGIVER RESET METHOD

You don't need a full day at the spa.

You just need **15 intentional minutes**.

This page explains the 3-step process:

The **RRR** Framework

1. **Recognize**

2. **Release**

3. **Refill**

This simple routine helps you reset your nervous system and reconnect with yourself.

**Step 1** — Pause (3 minutes)

Give your mind and body a moment to slow down.

Sit somewhere quiet.

Take slow breaths and allow your body to relax.

Ask yourself:

“What do I need right now?”



## **Step 2** — Release (5 minutes)

Let go of emotional buildup

You can:

journal your thoughts

stretch

take a short walk

step outside for fresh air

The goal is simply to release tension.



## **Step 3** — Refill (7 minutes)

Choose one small activity that nourishes you:

Examples:

reading

listening to music

meditation

enjoying a cup of tea slowly

calling a supportive friend

Small moments of care create big emotional relief.





## Create Your Personal Reset Menu

### Choose 3 reset activities that work

When I need calm:

- ☐ Deep breathing
- ☐ Sitting outside
- ☐ Prayer/meditation

When I need emotional release:

- ☐ Journaling
- ☐ Talking to a friend
- ☐ Stretching

When I need energy:

- ☐ Short walk
- ☐ Music break
- ☐ Tea or coffee moment







# Create Your Reset Plan

## YOUR WEEKLY RESET PLANNER

Choose 3 small reset moments this week.

**Monday** → \_\_\_\_\_

**Wednesday** → \_\_\_\_\_

**Friday** → \_\_\_\_\_

"We're starting with just 3 days — because small and consistent beats perfect and overwhelming every time."

Reminder:

Consistency matters more than perfection.

Even 15 minutes a few times per week can restore your emotional balance.





## You Are More Than a Caregiver

### A GENTLE REMINDER

Caring for your parent is important.

But your life, your dreams, and your well-being matter too.

You deserve support, rest and space to be yourself.

The goal is not to stop caring for your parent.

The goal is to care for them without losing you.





## Ready for More Support?

### **YOU ARE NOT ALONE**

If you're ready to create a caregiving life that includes balance, boundaries, and self-care, I'd love to support you.

I help women caring for aging parents learn how to:

- protect their energy
- set healthy boundaries
- reconnect with their identity outside caregiving
- create sustainable balance

I believe every caregiving woman deserves support. You don't have to figure this out alone."

### **READY TO CARE FOR YOUR PARENT WITHOUT LOSING YOURSELF?**