



Processing Tool

Working While Caregiving

Anchor Phrase: I can take steps toward a more balanced life.

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In this season of caregiving, are you able move toward a more balanced life by adjusting the number of hours you spend working outside the home?

Use the steps and tools below to help determine the answer.

Create or revisit a budget for your family expenses, including future costs related to caregiving that may occur.

List the Pros and Cons of working outside the home.

PROS	CONS

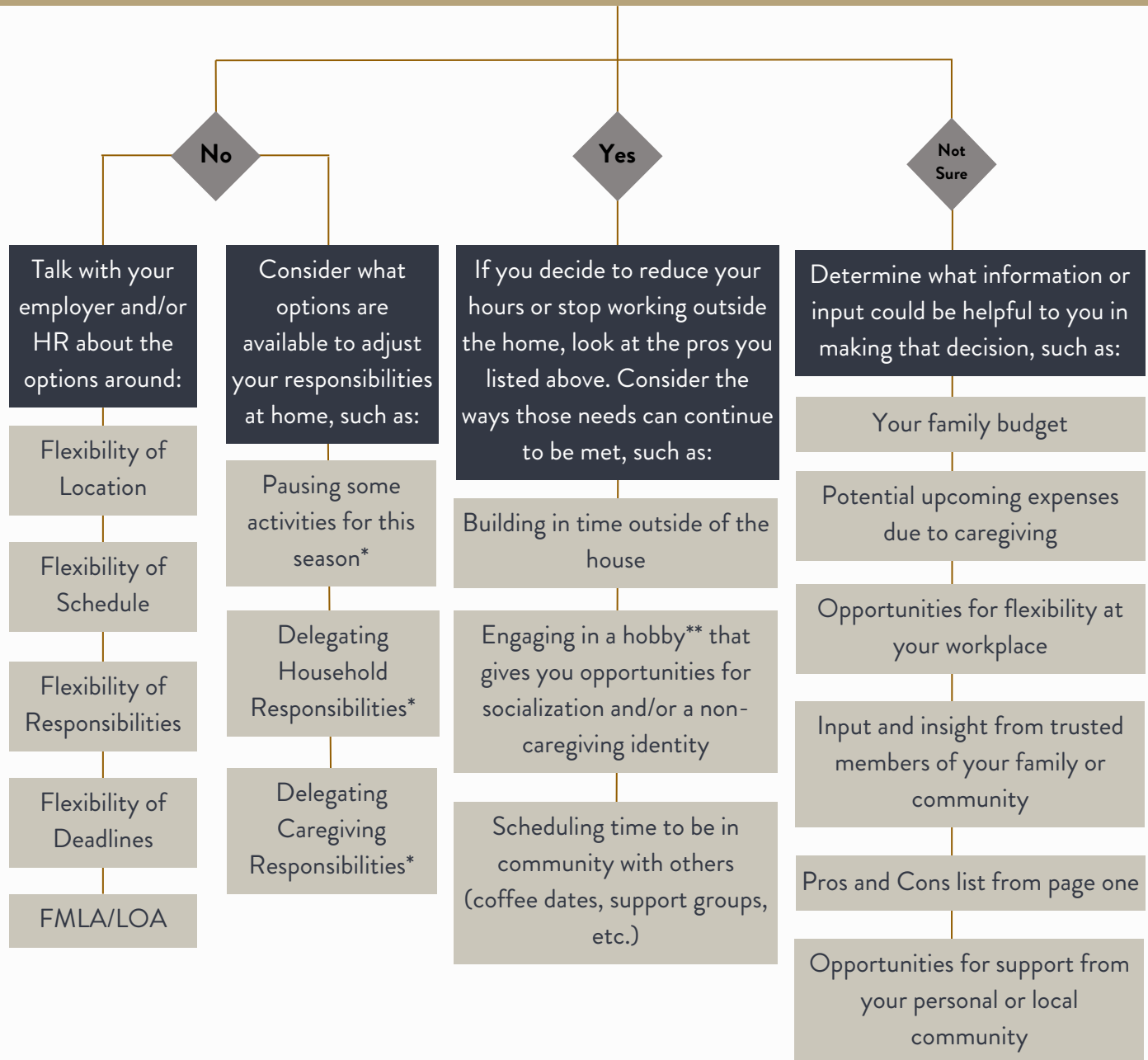
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*The chapters on Transitioning Into a Season of Caregiving and Creating Systems of Support both focus on how this can be accomplished.

**Episode 107 of The Negative Space's podcast *In Sickness* covers this topic.