

Reflection Questions

Working While Caregiving

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

www.thenegativespace.life

Take a moment to reflect.

While it can be challenging to balance it all, there can be personal benefits to working outside of the home. What do you enjoy about working?

Who, if anyone, at your place of employment knows about your caregiving role?

What are or could be the benefits of your employer knowing that you're a caregiver?
Your co-workers?

What might be a downside of your employer knowing that you're a caregiver? Your co-workers?

If you do tell people at work about your caregiving situation, what boundaries might you want to establish with them about when/if you want to talk about that aspect of your life?