

Meditation for Caregivers

Here is my pledge; a gift I give to myself.
There are so many things I have to do, some easy, some difficult.
The number of items on my list grows every single day.
It seems I can't control this list most days and
I'm so tired at times, it seems I never will.

Despite this... as I place my head upon my pillow at the end of *this* day,
I will review everything on my list and realize:
I accomplished a few things today... and they helped.
More tasks will come tomorrow, I know that.

But, as for me, on *this* day, I will allow myself relief:
for what I didn't get to do,
for my shortcomings
for my "human-ness."

And vow that, for *this* day... "it's enough."
What I accomplished today, how I helped and worked
and cared, and loved...

For *this* day, for all my efforts: "it's enough."

Tomorrow, I will look at my long list again with fresh, rested eyes.
I will tackle this list to the best of my ability.
I will care for those in my life who need me
I will love those who love me
and I will try my very best to care for myself...

And, each and every day, I will strive to realize
I'm doing the very best anyone could do.
I give freely, with much love in my heart,
and with a sense of deep caring and compassion.

For me, for anyone, this is something in which to take great pride,
to give myself this "pat on the back"
and breathe deeply, calmly, and knowingly that:
"it's enough."

Moving Forward™ Bereavement Support Program
"It's Enough" Meditation for Caregivers
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