

DEAR LOVED ONES, WE HOPE YOU UNDERSTAND.

SIGNIFICANT OTHERS, FRIENDS, FAMILY MEMBERS,

we hope you understand that you know how important you are to us. Without you, we don't know what our lives would look like, and we're so thankful we don't have to. We think about the people in this world that don't have what we have, and we are filled with gratitude that we have such an amazing support system. We are honored that you have chosen to be in our lives and to have us play a part in yours.

WE HOPE YOU UNDERSTAND ALL THE ROLES THAT WE PLAY.

Caretaker, financial planner, housekeeper, chauffeur, counselor, teacher, nurse, cook, personal shopper, travel agent. The list truly goes on and on. We give to you every part of us, because you deserve nothing but the best. We show how much we care by doing, by being there, by supporting. We don't often think about whether you would do the same for us prior to doing it, because this is just how we love.

WE HOPE YOU UNDERSTAND THAT SOMETIMES, BEING AT WORK IS A BREAK FOR US.

It isn't that we can't wait to be away from you, but we get to be someone who simply concentrates on her work there. That doesn't mean our jobs are easy. Our work can take a toll on us, just like yours can. Sometimes we want to simply come home and stare at a wall, and when we are crabby or upset, it's not because we don't want to see you. Sometimes we just want to be able to come home and relax after a long day, but it feels like we can't with a to-do list looming.

WE HOPE YOU UNDERSTAND THAT SOMETIMES, WE GET TIRED.

Physically, mentally, emotionally. Because we are doing so much, we don't often worry about taking care of ourselves, until it's too late. When we ask for help, we hope you understand we aren't being lazy. We are simply drowning. We aren't mad at you when we don't have much to say, when we ditch out of plans to stay home and doing nothing. We aren't purposely not listening. We are in our brain, running down our to-do list and

figuring out the next steps.

WE HOPE YOU UNDERSTAND THAT WE ARE USUALLY OUR OWN HARSHTEST CRITIC.

We often feel guilt- we aren't doing enough as a wife, friend, daughter, mother, employee. We are working to change this self-doubt into self-love but its really hard. We hope you can help-those ttexts, cards or flowers that let us know you see what we are doing, mean more than you'll ever know.

WE HOPE YOU UNDERSTAND THAT SOMETIMES YOU NEED TO REMIND US TO TAKE CARE OF OURSELVES.

Yes, we are working on making it a priority to ourselves as well, but new habits take time. And sometimes, we admit, when we are used to taking care of other people, we aren't even sure how to care for ourselves. We hope you understand that by us spending just a few minutes every day doing something for ourselves, everyone's life gets better. We aren't ignoring you when you call, we aren't trying to be selfish, we are simply trying to establish boundaries so that our own mental health is taken care of.

WE HOPE YOU UNDERSTAND THAT WE ARE TRYING TO LEAD BY EXAMPLE, SO THAT OUR DAUGHTERS, OUR FRIENDS, OUR FAMILY, CAN SEE HOW IMPORTANT IT IS TO TAKE CARE OF OURSELVES.

We are working to figure out self-care so that when you feel the same way we do, we can help. We aren't needlessly spending money or spending time to ourselves because we are sick of you; we simply want to feel rested, emotionally and physically. We want to feel balance, like we aren't draining our cup to fill everyone else's. We want to feel happy again, like we used to before we started neglecting ourselves.

WE HOPE YOU UNDERSTAND, WE LOVE YOU SO MUCH.

We love the time we spend together, regardless of what we are doing. We love the life we've built and we hope you understand, by establishing these boundaries, we don't mean less quality time with you. It doesn't mean we love you any less. It simply means we've decided to love ourselves too.