

Caregiver's RETURN



Rabbi Yali
szulanski

There are kinds of care that no one sees. Refilling prescriptions. Calling insurance companies. Soothing the child who cannot express pain. Feeding someone who once fed you. Carrying fear silently so someone else doesn't have to. There are moments that feel thankless. Repetitive. Depleting. Moments where you question whether you're doing enough—or whether you have anything left to give. This section is for you.

Not because it will fix the overwhelm. Not because it will lighten the load. But because it's possible that no one has yet said: This is holy work.

Take a few minutes with these questions. You can write, speak aloud, or simply sit with them quietly. There is no performance here. Just gentle reflection.

Not all mitzvot come with ritual. Some come with repetition. Not all sacred acts are sung aloud. Some are whispered through cracked lips in the dark of night. Caring for others—especially when it is ongoing, intensive, or invisible—is an act of profound spiritual strength. You are not missing the season's purpose. You are embodying it.

Questions for Reflection

What have I been carrying?

- What have I held this year—physically, emotionally, logistically?
- Who have I been responsible for, and what have I offered them?
- What have I held that no one else knows about?

Where have i felt most alone?

- When did I most long for someone to notice what I was doing?
- Where do I feel resentment or fatigue that hasn't had a place to land?
- What have I stopped asking for, because it felt easier not to hope?

Where has grace shown up?

- Was there a moment this year that reminded me why I keep showing up?
- When did I feel even a flicker of connection, relief, or joy?
- What softness or insight came from a place I didn't expect?

Where do i need to be replenished?

- What am I still grieving that no one has acknowledged?
- What part of me feels worn thin or forgotten?
- What do I need to say out loud before I can begin the year again?