RYBL PODCAST COMPANION
EPISODE 326

How do caregiving responsibilities for aging parents impact an individual's sense of identity and personal life?

How does the changing role of parents from strong, dependable figures to needing care impact the emotional well-being of adult children?

What are some examples of wake-up calls that can highlight the need for more coordinated caregiving for aging parents?

In what ways can guilt and conflicting emotions affect your ability to prioritize self-care when caring for an aging parent?

What strategies and coping mechanisms can you employ to better navigate the complex challenges of caring for aging parents while still prioritizing your own well-being?

COPYRIGHT © NOT YOUR AVERAGE RUNNER 2024

RYBL PODCAST COMPANION
EPISODE 326

How can individuals "regret-proof" their relationships with their aging parents and ensure they make the most of the time they have together?

How can you find moments of quiet and reflection amid the chaos of caregiving to better understand your own needs and desires?

What are some strategies for asking for and accepting support from family members, friends, or professionals?

What role does intentionality play in setting boundaries and making decisions regarding caregiving responsibilities?

What are some signs that you might be neglecting your own well-being, and how can you recognize the need for self-care?

COPYRIGHT © NOT YOUR AVERAGE RUNNER 2024