
A vintage-style illustration of a woman in a kitchen. She is wearing a light-colored short-sleeved blouse, a patterned apron over a light-colored skirt, and black high-heeled shoes. She is leaning over a light blue oven with its door open, looking at the food inside. She holds a red cloth in her right hand. The oven is filled with several dishes: a tray of bread, a casserole, a large bowl of salad, and several small tomato-based dishes. The kitchen background includes a brick wall, a window with plaid curtains, and a decorative box on the counter.

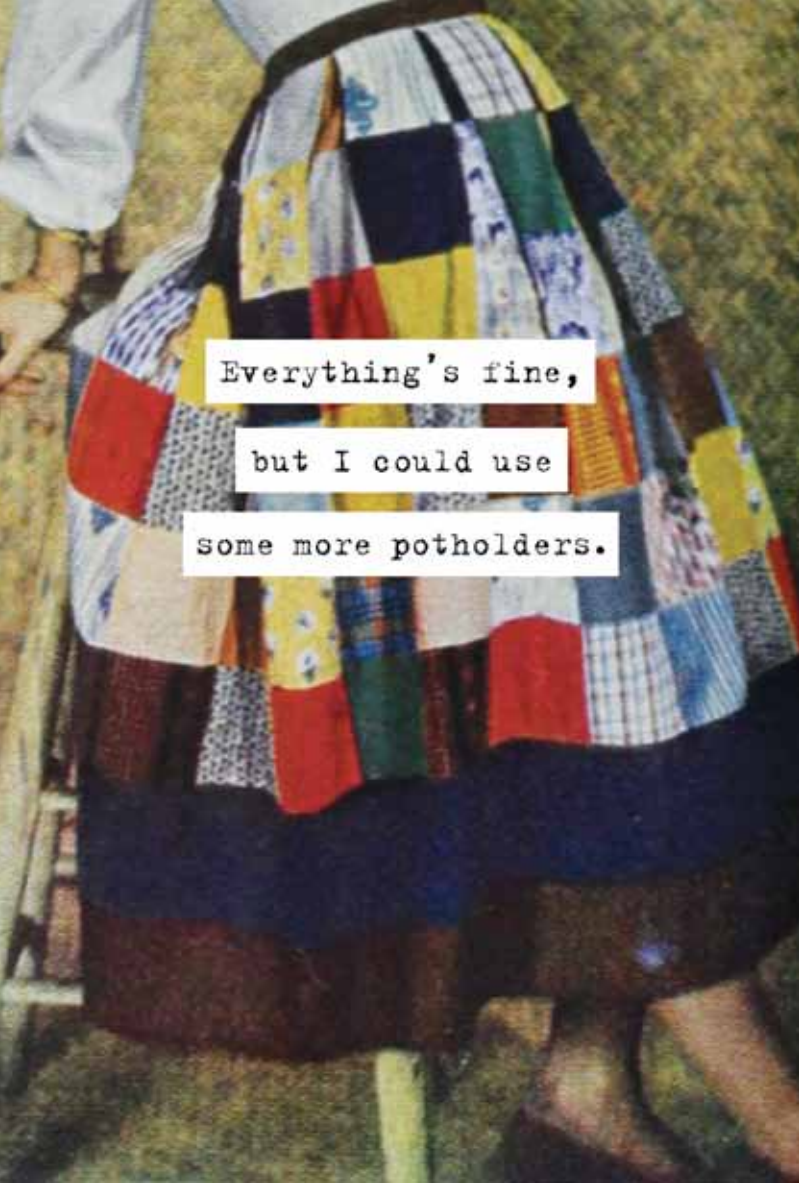
Should have bought the
damn multi-cooker.



What's on your caregiver playlist?

RECORDED
O. TARRANT
KENTON
H. JONES

HOLIDAY



Everything's fine,

but I could use

some more potholders.



SUN MON TUE WED THU FRI SAT

1 2 3 4 5 6


7 8 9 10 11 12 13

14 15 16 17 18 19 20

21 22 23 24 25 26 27

28 29 30 31

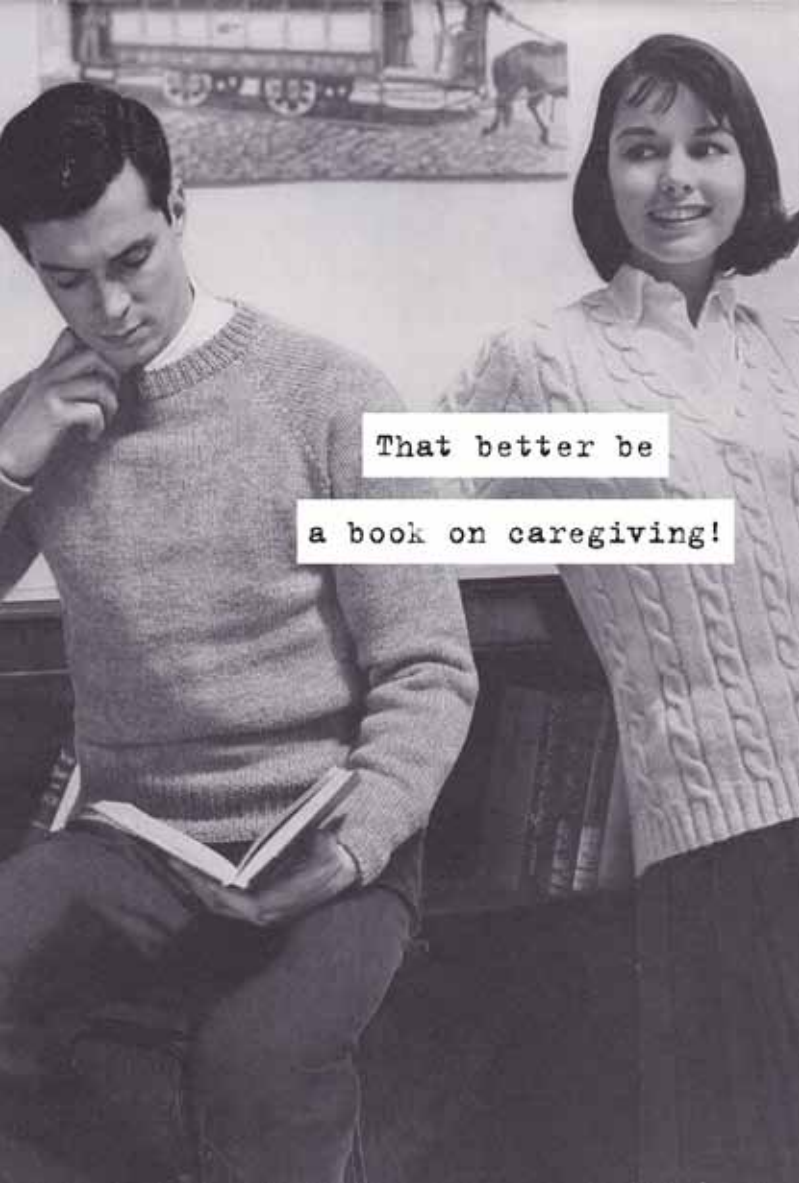
What day is it?



What part of


“Working full time and caregiving”

don't you understand?




That better be

a book on caregiving!




The hell with this, I'm getting delivery!



Yay, it's nap time!



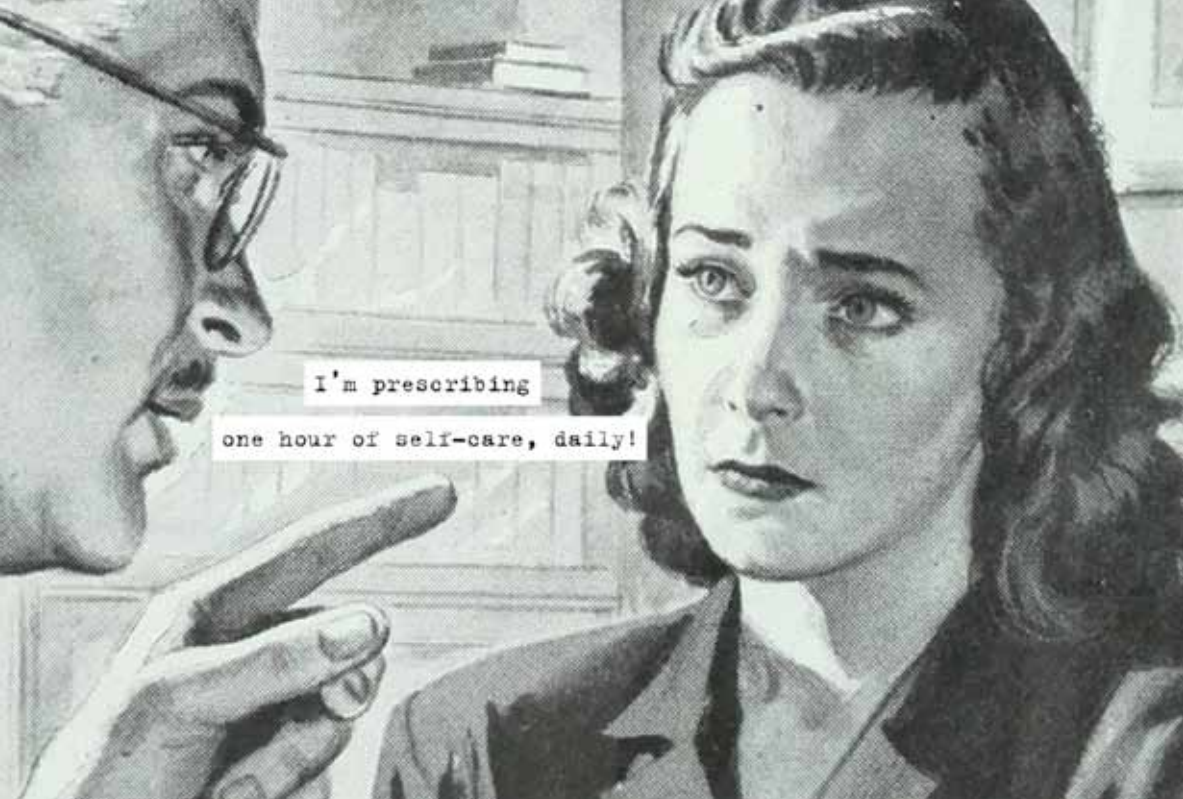
Anything else
you need me to do?

A woman with dark hair is lying in a bed with a red tufted headboard. She is wearing a white long-sleeved top and is partially covered by a green blanket with a dark patterned border. The room features a floral patterned wall behind the bed and two bedside tables with lamps. The lamp on the left has a grey shade and a white base with a Greek key pattern. The lamp on the right has a white shade and a white base with a Greek key pattern. A small white decorative object is on the right bedside table. Two white strips of paper with black typewriter-style text are overlaid on the image, one above the other.

I can't wait
to go back to sleep again...



I can't do it all. Here's your list.



I'm prescribing
one hour of self-care, daily!