

The Supporter's Survival Kit

A gentle starting point for people who care

Welcome

If you're reading this, there's a good chance you're carrying more than you ever expected to. You might be supporting a partner, family member or friend through illness, trauma or addiction. You might be the organiser, the cheerleader, the researcher, the strong one. The one who keeps going.

This little kit exists for one simple reason:
You matter too.

This isn't a workbook you need to complete properly. There's no right way to use it. You don't need to read it all in one go. You can dip in, skim, pause, or come back another day. Think of this as somewhere to land. A place to exhale.

Let's start here.

- ∞ You're allowed to find this hard, even if you love them deeply.
- ∞ You can be grateful and exhausted at the same time.
- ∞ Supporting someone doesn't mean you stop being human.
- ∞ You don't need to be positive all the time to be supportive.
- ∞ Rest is not quitting. It's fuel.
- ∞ If you've been telling yourself to "just cope a bit better", consider this your permission to stop.

Why this feels so heavy

When you're supporting someone through something big, your nervous system is often switched on constantly.

You might notice: - You're always 'on alert' - It's hard to switch off or relax - You feel guilty when you rest - Your needs slip quietly to the bottom of the list

None of this means you're weak.

It means you care, and that you've probably been carrying too much, for too long.

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A 60-second reset (do this anywhere)

This is for moments when things feel like a lot.

1. Put both feet on the floor.
2. Take a slow breath in through your nose.
3. Let it out through your mouth, longer than the inhale.
4. Look around and name (silently or out loud):
 - 3 things you can see
 - 2 things you can hear
 - 1 thing you can feel in your body

That's it.

You're not trying to fix anything — just reminding your body that you're safe right now.

A gentle check-in:

You don't need to journal pages. Just pause here.

∞ Right now, I feel mostly:

∞ One thing that feels particularly heavy at the moment is:

∞ One small thing that gives me even a tiny bit of relief is:

There are no good or bad answers. This is just information.

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Looking after yourself (without adding another job)

When people say "make sure you look after yourself", it can feel wildly unhelpful.

So let's redefine it.

Looking after yourself might mean: - Saying no to one thing - Letting the house be messy - Going for a short walk - Cancelling plans - Asking for help - Doing less, not more

It doesn't need to be impressive.

Right now, looking after myself could mean:

You don't have to hold everything alone

Supporters are very good at holding things in.

Often because: - You don't want to burden anyone - You're worried about saying the wrong thing - It feels easier to just get on with it

But carrying everything internally comes at a cost.

One thing I wish I could say out loud is:

You don't have to solve it here. Just noticing it is enough for now.

If today is a tough day

On the really hard days, lower the bar.

Today, success might look like: - Getting through the day - Drinking some water - Taking one breath - Being kind to yourself

You are not failing.

You are responding to something that is genuinely difficult.

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A final note:

If this resonated, that's not an accident.

There is a longer, more in-depth version of *The Supporter's Survival Kit* with more tools, exercises and space to unpack what you're carrying - and I also offer 1:1 coaching for people who are supporting others and quietly putting themselves last.

There's no pressure. No rush. No need to be 'ready'.

For now, thank you for being here.

And just in case you need to hear it one more time:

You matter too.

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