

30 PERMISSION SLIPS

For Exhausted Caregivers



Mindmental, LLC

You've been waiting for permission. Permission to slow down. Permission to prioritize yourself. Permission to stop being everything to everyone.

But here's what nobody tells you: that permission isn't coming from anyone else.

The permission you've been waiting for? You have to give it to yourself.

HOW TO USE THIS RESOURCE:

Read through these permission slips. Check the ones that resonate. Write your own at the bottom. Read them out loud—even if it feels silly. Notice what shifts.

Self - permission isn't a feeling. It's a decision. And it starts here.

REST & RECOVERY

- I give myself permission to rest without earning it.
- I give myself permission to go to bed with a messy kitchen.
- I give myself permission to sleep in tomorrow.
- I give myself permission to do nothing guilt - free.
- I give myself permission to cancel plans when I'm overwhelmed.

BOUNDARIES & AVAILABILITY

- I give myself permission to be unavailable.
- I give myself permission to not answer when someone knocks.
- I give myself permission to turn off my phone.
- I give myself permission to say no without explaining why.
- I give myself permission to tell my family I need uninterrupted time.

HOUSEHOLD MANAGEMENT

- I give myself permission to let the house be messy.
- I give myself permission to leave tasks unfinished.
- I give myself permission to do things badly.
- I give myself permission to lower my standards.
- I give myself permission to let my spouse do it their way.

RELATIONSHIPS

- I give myself permission to need space from my spouse.
- I give myself permission to disappoint people.
- I give myself permission to be resentful sometimes.

- I give myself permission to want something different.
- I give myself permission to stop being the only one who notices.

PARENTING

- I give myself permission to be an imperfect parent.
- I give myself permission to let my kids be bored.
- I give myself permission to ask for help.
- I give myself permission to not have all the answers.
- I give myself permission to stop managing everything.

WORK & PERSONAL GROWTH

- I give myself permission to change my mind.
- I give myself permission to not have it all figured out.
- I give myself permission to quit things that don't serve me.
- I give myself permission to stop mid - project.
- I give myself permission to be inconsistent.

YOUR PERMISSION SLIPS

What permission do YOU need to give yourself today? Write your own:

I give myself permission to:

You don't need anyone's approval.

The permission you've been waiting for? It's already yours.

You just have to claim it.

FROM MINDMENTAL

Trauma - informed resources for military families and neurodivergent households.

Because capacity should always come before expectation.

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