



Caregiver – Finding Gratitude
by Kaye White

I can worry about tomorrow
Or be glad we're having a good day

I can ask for more strength

Or lean on a loved one

I can wonder why

Or let God's grace enter in

I can be disheartened

Or be kind and have hope

I can be frustrated when you don't understand

Or explain something in a new way

I can get stuck with worry

Or continue moving forward

I can be annoyed at your grumbling

Or Thank God we are still together

I can feel lonely and sad

Or look forward to the times we connect

I can be upset when you get angry

Or understand your frustration

I can wish for more interaction

Or play a card game with you today

I can be concerned for our future

Or remember our fun times in the past

Gratitude turns gloom into gladness

Find joy in your sadness.

With gratitude

Optimism is sustainable