

Monthly Newsletter

February 2026



Family Caregivers

HEADACHE BE GONE MASTERCLASS

Feeling overwhelmed, exhausted, or alone in caregiving?
This free masterclass will help you find more balance, ease, and support.

During this masterclass, you'll learn:

- ✓ Calm the never-ending to-do list
- ✓ Ease guilt and burnout
- ✓ Handle family dynamics & drama
- ✓ Set healthy boundaries

Save Your Spot

March 11, 2026 at 8pm EST

Family Caregivers Headache Be Gone Masterclass

On Wednesday, March 11, I'll be hosting a live masterclass, Family Caregivers Headache Be Gone Masterclass. If you're a family caregiver navigating constant stress, medical appointments, and the mental load of caring for someone you love, and headaches have become part of your reality, you're not alone.

Family caregiving is deeply meaningful work, but it can also be overwhelming, exhausting, and at times isolating. The Family Caregivers: Headache Be Gone Masterclass is a free, supportive experience designed to help you ease the emotional and mental headaches that often come with caring for a loved one.

In this session, you'll gain practical strategies to quiet the never-ending to-do list, release guilt and burnout, navigate family dynamics with greater confidence, and reset when decision fatigue sets in. Most importantly, you'll learn how to protect your energy and set healthy boundaries so you can continue showing up with strength and compassion without losing yourself in the process.

Reserve your free spot and take one small step toward relief.

Register Today

Join My Free Skool Community For Family Caregivers

If you're a strong woman carrying a lot from work, family, responsibilities, and caregiving then this is for you! I created a free Skool community as a soft place to land and a strong place to grow.

This is where burned-out family caregivers come to take a breath, get tools that actually help, and feel less alone while they learn how to move from burnout to balance, one real-life step at a time. Why did I create this community? Caregivers give so much. And too often, you're doing it quietly. You're "fine," but you're tired. You're capable, but you're stretched. You love your people, but you're running low. This community exists to remind you: you matter too.



Here's what members can expect:

- Practical self-care support that fits real caregiver life (not fantasy life)
- Weekly encouragement to help you reset your mind and your energy
- Simple tools + prompts you can use immediately

This community is for you if:

- You're a working professional and a caregiver (and it's a lot)
- You're caring for an aging parent, spouse, family member, or loved one
- You feel over-responsible, mentally tired, or emotionally stretched



Who Is My Role Model? A Caregiver's Reflection on Mother Teresa

“I will care for my people and I will not abandon myself.”

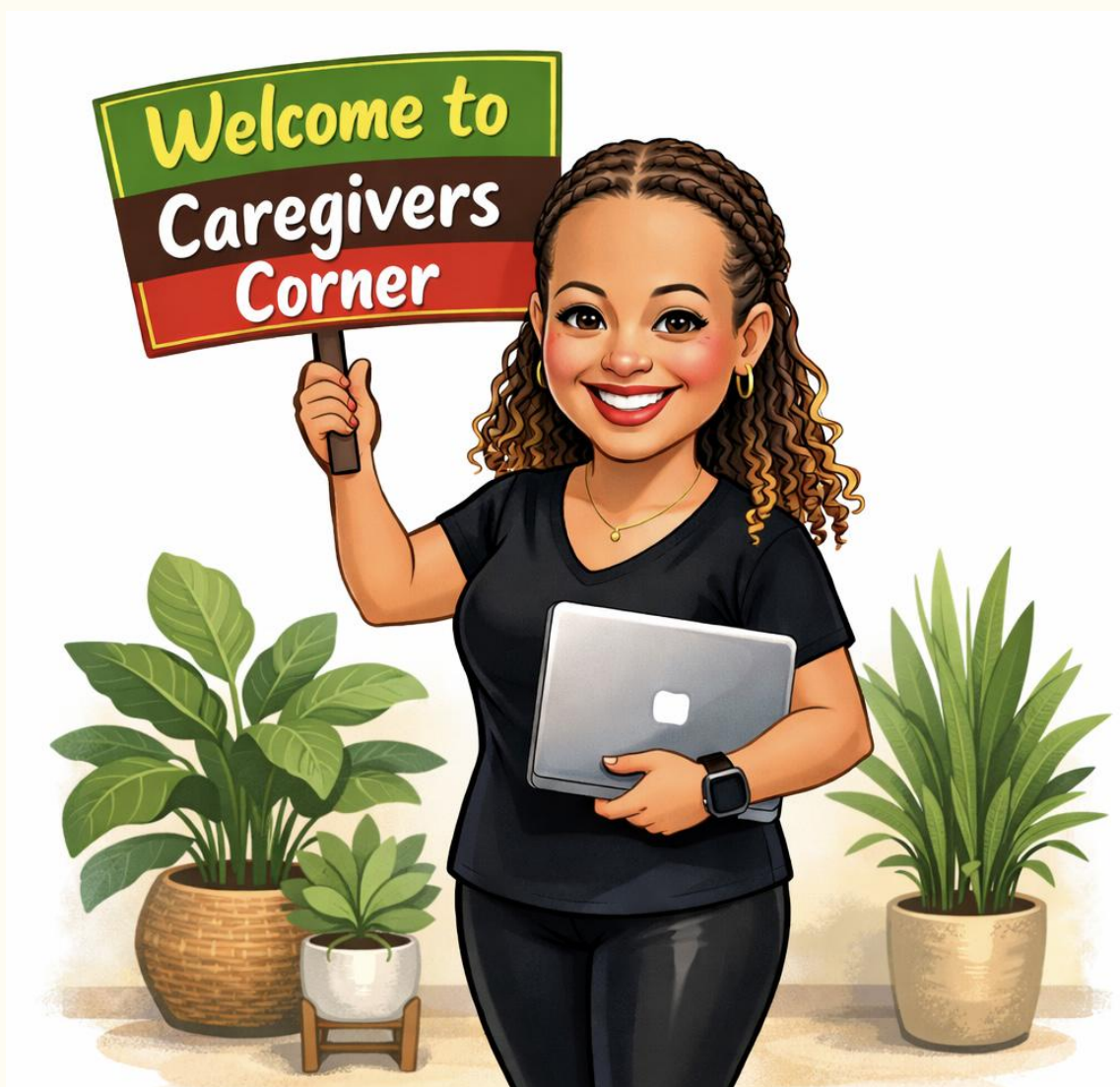
Mother Teresa is one of my caregiving role models because she served people who were often overlooked, especially the sick, the poor, and the dying in Kolkata (Calcutta), India. In 1950, she founded the Missionaries of Charity, and her work became known worldwide for restoring dignity to those society had pushed aside.

What stands out to me most is her dignity-first care. She saw the person before the problem. She practiced compassion with action. She served with humility, courage, and consistency, showing up day after day, even in hard conditions.

For us as caregivers, “Mother Teresa energy” can look simple and real: a gentle tone, patience in the moment, treating our loved one with respect even when we’re tired and remembering that small acts of love still count. And just as important: choosing support, rest, and boundaries so we can give care without losing ourselves.

How Balanced Is Your Life?

A quick and fun self-assessment for your personal check-in for your mind, body, heart, and soul. In just 5 to 8 minutes, you'll uncover where you're truly thriving and where you may need a little extra attention. Simply read each affirmation and decide whether it feels "Not True for me" or "Very True for me." Once you're finished, you'll receive a personalized report revealing whether your life is flowing in harmony or feeling a bit out of sync. The insights are eye-opening, and you'll definitely want to see what your results say.



[Take the Assessment](#)



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