

# A Worksheet for LGMD Caregivers

Resiliency is your ability to adapt, recover, and even grow when faced with adversity. It's not about being "tough"—it's about being resourceful, hopeful, and intentional. Just like the individuals living with limb-girdle muscular dystrophy (LGMD), caregivers are incredibly adaptive. That strength is worth celebrating.

## What is Resiliency?

Resilience is:

- Bouncing back after a challenge
- Bouncing forward to adjust to a "new normal"
- An active process—not something you're born with, but something you build

It's OK to feel overwhelmed. Resilient people show emotions, too—they just learn how to keep moving forward with purpose.

## Reflection Activity

**In the last week, what's one thing you handled better than you thought you could?**

**What's one small win or moment of calm you can celebrate today?**

**Who or what can you turn to when you need strength or perspective?**

## You Make the World Better by Simply Being You

Caregiving isn't easy, and you don't have to do it perfectly. But every moment you show up, support someone, or learn something new—you are building resilience. And you're not alone.

## Tips for Building Resiliency

Check off the ideas you'd like to try or are already doing:

- ☐ Prioritize your energy. Focus on what truly matters each day, and let go of the rest.
- ☐ Take 5 minutes to reflect on what you've learned or accomplished—daily.
- ☐ Ask for help developing your own resiliency-building strategy.
- ☐ Join a caregiver support group and explore local or virtual resources.
- ☐ Try a new or creative solution to a recurring caregiving challenge.
- ☐ Accept your caregiving role with openness and self-compassion.
- ☐ In tough moments, ask yourself: What meaning or hope can I find here?

## Looking for more tools, support, or community?

Visit [lgmd-info.org](https://lgmd-info.org) to find resources, connect with others, and explore support for LGMD caregivers.