

Patience  
Strength  
Courage  
Dedication  
Fear  
Connection  
Empathy  
Challenges  
Strength  
Love  
Discouraged  
Healing  
Resilience  
Support  
Compassion  
Isolation  
Comfort  
Crisis  
Resilience  
Vulnerable  
Compassion  
Hope  
Patience  
Help  
Purpose  
Caregiver  
Empathy  
Struggle  
Frustration  
Dedication  
Joy  
Sacrifice  
Pain  
Frustration  
Purpose  
Sacrifice  
Help  
Caregiver  
Fear  
Decisions  
Care  
Joy  
Struggle  
Support  
Pain  
Healing  
Love  
Trust  
Discouraged  
Trust  
Crisis  
Resilience  
Vulnerable  
Compassion  
Hope  
Pain  
Joy  
Support  
Fear  
Help  
Crisis  
Resilience  
Vulnerable  
Compassion  
Hope  
Patience  
Help  
Purpose  
Caregiver  
Empathy  
Struggle  
Frustration  
Dedication  
Joy  
Sacrifice  
Pain  
Frustration  
Purpose  
Sacrifice  
Help  
Caregiver  
Fear  
Decisions  
Care  
Joy  
Struggle  
Support  
Pain  
Healing  
Love  
Trust  
Discouraged  
Trust  
Crisis  
Resilience  
Vulnerable  
Compassion  
Hope

When your care role has you overflowing with **joy, struggle, or gratitude**, pour it out onto this postcard. Write or draw - share in any way that feels meaningful to you!

Want to learn more about this project? Go to <https://go.wisc.edu/xx>.

Want to say more? **Scan the QR code below** or go to <https://go.wisc.edu/xxx> to send an anonymous entry online.



Caregiver Postcard Project

c/o Kristin Litzelman

1300 Linden Dr

Madison, WI 53706

Do not write or draw in this area