

K.R January ,17 https://1drv.ms/w/s!Ar1Em6C657U2guV_8XpCqpy33rLagg

K.R is young married women who identifies herself as female and her pronouns are she/her. She is strongly rooted in the value of her family dynamics and life experiences. being the eldest child she has developed the deep sense of care and responsibility towards everyone around her like her brothers, nephews niece and friends . She has her both parents around. She has a dog, lives with her partner.

Her caregiving nature has become a key part of her self-concept, reinforced by her quiet, introverted disposition, which was appreciated and respected from childhood. She works as palliative care nurse in Canada, which aligns with this core identity, offering her fulfilment through helping others in vulnerable times. However, K.R's reluctance to seek help herself, even from healthcare professionals, may suggest a tendency toward self-neglect. This avoidance could stem from a belief that her worth is tied to always being the caregiver and never the one needing care. As a result, she might undervalue her own well-being in favour of others, which can lead to burnout or feelings of emotional depletion over time.

Additionally, K.R's enjoyment of simple pleasures, like music and tea, suggests that she values quiet moments of peace amid her busy caregiving roles. Supporting her in finding balance between caring for others and self-care will be crucial for her emotional well-being and long-term fulfilment in her personal and professional life.