November 2014

Clara has a problem. What can she do?

Clara has a busy life. She’s a CNA, and she works Monday through Saturday. She takes English classes on Tuesday and Thursday evenings. On the other evenings she helps her children with their homework. On Sundays she goes food shopping and pays the bills. Clara is always tired. She drinks about 6 cups of coffee a day just to stay awake. Often she can’t sleep at night, and the next day she’s even more tired.

Clara feels terrible. What can she do?