Let My Faith Be Bigger Than My Fears

By LaTosha Sims

I colored these words today, and I realized that I wasn't just coloring a page. I was reminding myself of something I have been trying to hold onto for a while now.

Being a caregiver for my husband has changed me.

Caregiving is loving someone when you are tired.

It is worrying when you don't have the answers.

It is making decisions when you wish someone else could make them for you.

It is checking on someone else while quietly wondering, Who is checking on me?

Sometimes I feel strong.

Sometimes I feel overwhelmed.

Sometimes I am the wife.

Sometimes I am the caregiver.

Sometimes I am the student.

Sometimes I am trying to be the counselor I am becoming.

And sometimes, I am simply a woman trying to figure out how to keep going.

I don't always talk about the fear that comes with caregiving. There is the fear of what could happen next, the fear of finances, the fear of making the wrong decision, and the fear that while I am taking care of everyone and everything around me, I will somehow lose pieces of myself.

But I am learning that caring for my husband does not mean I have to stop caring for me.

My journey has already required me to walk through grief, change, uncertainty, school, financial challenges, and now caregiving. There have been moments when I have asked God, "Why so much at one time?" And yet, I am still here.

Maybe faith isn't believing that everything will be easy.

Published online 17 NOVEMBER 2026 at jhrehab.org

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Maybe faith is believing that I don't have to know how everything will work out in order to keep moving forward.
So today, I am reminding myself:

I can be afraid and still have faith.
I can be tired and still be grateful.
I can need help and still be strong.
I can care for my husband without abandoning myself.
I can advocate for him while also learning to advocate for me.
I can pause.
I can breathe.
I can cry.
I can rest.
I can ask for help.
And I can continue becoming the woman and counselor I believe God has called me to be.
This season may not look like what I imagined. But it is still part of my journey.
So I will keep putting pen to paper.
I will keep choosing Awareness, Acceptance, and Action.
I will keep making room for my own feelings instead of always pushing them aside.
And when fear gets loud, I will look at these words again:

Let my faith be bigger than my fears.
Because I am learning that faith does not mean I am never afraid.

It means fear doesn't get to be bigger than what I believe is possible

Published online 17 NOVEMBER 2026 at jhrehab.org

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About the Author



LaTosha Sims is an Atlanta, Georgia native, educator, entrepreneur, mental health advocate, and Clinical Mental Health Counseling graduate student at Mercer University. She holds an Associate Degree in Early Childhood Education and a Bachelor of Science in Psychology and Human Services, with a minor in English, from Clayton State University. She is also a wife and mother of two adult children, Joshua and Jaylyn. Her counseling interests include trauma-informed care, grief and loss, and supporting individuals and families through significant life transitions.

LaTosha's passion for caregiving advocacy is deeply personal. After her mother's stroke in 2021, she became one of her caregivers before losing her in January 2025. During that journey, she developed a deep appreciation for the compassionate care provided by Emory and the difference it made for her mother and family. In April 2026, following her husband Torrey's stroke, she experienced that same compassion and support from Emory once again. These experiences strengthened her understanding of the emotional and often unseen challenges caregivers face. Outside of her professional and academic pursuits, she enjoys reading, journaling, walking, and meditation. A lover of storytelling, she views writing as a path, a compass, and a light guiding her journey of healing, gratitude, and growth. Her philosophy is rooted in the belief that healing begins when people feel safe and that every person's story deserves to be heard, honored, and respected.

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