



Planning for the Future IS Self-Care

Critical Skills:

- œ Learning how to think about our loved one's challenges
- œ Using effective strategies to problem solve
- œ Recognizing, and taking care of, one's own feelings

Caregivers report less grief as they become informed about the work they are doing.

- œ Negotiating roles and actions can be difficult when grief is involved
- œ Self-care is critical!
- œ You can do this, and you have skills!!
- œ Focus on problem solving and take back control by planning ahead

Caution! There is danger in being too detached from the emotional work. Don't "just do"... Focus on the tasks at hand, but remember that you must also take time to acknowledge the emotional tasks.