

Newly Diagnosed

Next Steps

Anchor Phrase: I'm Part of the Story

As you process the content of this chapter, read the action items below and implement the ones that could be helpful to you at this time.

- Download the anchor phrase “I’m Part of the Story” and add it to your phone or laptop screensaver as a frequent reminder.
- Join The Negative Space community on Instagram (@negspacelife) or Facebook (Negative Space) for daily caregiver content and reminders that you are part of the story.
- Subscribe to the In Sickness podcast to stay in the loop about new episodes.
- The next time someone asks how they can help, ask them to send you an “I’m Part of the Story” gift box from The Negative Space.
- Send the “Caregiver Position Description” essay to your circles to help them understand the role that you are taking on and that you will need support and acknowledgement along the way.