

Next Steps

Newly Diagnosed

Anchor Phrase: I'm Part of the Story

www.thenegativespace.life

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 “I’m Part of the Story” anchor phrase and add it to your phone or laptop screensaver as a frequent reminder.
- ☐ Join The Negative Space community on Instagram or Facebook 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.
- ☐ Sign up to receive email alerts when virtual support groups from The Negative Space are scheduled.
- ☐ 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.
- ☐ Build seven minutes into your daily schedule to engage with the Guided Meditation from this chapter.
- ☐ Consider listening to the Yoga Nidra Guided Mediation for Winding Down before bed.