

Next Steps

Realistic Self-Care

Anchor Phrase: My well-being matters too.

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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.

- Add the Downloadable Anchor Phrase from this chapter to the screen of your device or print it and put it on your mirror, in your sock drawer, or in your car. The important thing is to create a frequent reminder that **your well-being matters too.**

- Choose at least two types of **Micro-Moments** that you named in this chapter's Processing Tool to embed into your daily life. Prioritize the strategies (and therefore your well-being!) by adding them to your to-do list or your calendar or by creating a mini-reward system for yourself every time you do one.

- Choose at least one **Pressure Valve Release** strategy that you named in this chapter's Processing Tool to embed into your daily life. Add it to your calendar and let your family members know that it's a priority, perhaps even setting up systems like coverage for your loved one during that time to make sure you can make it. (Pro-tip: the ianacare app introduced in the chapter on Creating Systems of Support is very helpful with this step.)

- Consider color-coding your calendar so that activities that are for your well-being are a certain color (therapy, support group, coffee with a friend, walk in the park, watching a favorite show, etc.). Each week, make sure there are "self-care colored" items sprinkled throughout your calendar and add them in if there aren't.

- Check out the options in the Therapeutic Yoga section of The Storyline and try the Nervous System Support strategies or the Yoga Nidra Guided Meditation for Winding Down at bedtime.