

Reflection Questions

Realistic Self-Care

Anchor Phrase: My well-being matters too.

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Take a moment to reflect.

What does it feel like when someone says, "Don't forget to take care of yourself!" What do you wish you could say to that person?

In what ways has caregiving impacted your physical, emotional, and mental health?

How does it feel to read in this chapter's letter that some studies call the caregiver "the next patient"?

The anchor phrase for this chapter is "**My well-being matters too.**" Do you believe that?

What might happen if you continue on the same trajectory you are currently on?