

Next Steps

Transitioning Into a Season of Caregiving

Anchor Phrase: In this season, priorities are shifting.

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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.

- ☐ Complete the Processing Tool for this chapter.
- ☐ When finished, note the item(s) you marked as bucket fillers. How can you prioritize those activities in the days ahead? Perhaps you want to schedule them on your calendar. Consider letting the people close to you know that those activities are important to your well-being and ask them to help you hold on to them.
- ☐ For the activities you determined can be paused in this season, take steps to begin that pause, remembering that **in this season, priorities are shifting**. If you're concerned about how to share these decisions, feel free to borrow and edit this sample language. "I am entering into an acute season of caregiving. Although I love being part of/attending/facilitating the _____, I know that my time and energy are going to be called upon in new ways. I'm sorry to say that I need to step down for the time being. Thank you for understanding and I hope to rejoin in the future as I am able."
- ☐ Consider looking at the Reflection Questions from this chapter with your loved one or family unit. Talking through this shift in priorities together, hearing each person's perspectives, and processing how these shifts may be feeling may help lay the groundwork for the season ahead.