## Processing Tool Transitioning Into a Season of Caregiving

Anchor Phrase: In this season, priorities are shifiting

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As you transition into this season of caregiving, your time and energy will likely be called upon and used in new ways. Adding additional tasks and priorities to an already full plate without removing anything first will not serve you or your loved one well.

Take a moment to think about the committees, roles, volunteer positions, extra-curricular activities, clubs, and routines in which you and your family are currently involved. These play a role in your life right now, but may need to be put on pause in this season. This doesn't mean you'll never do them again! It just means that right now, you likely have other priorities.

Pay attention to how you feel as you do this exercise and know that it makes perfect sense to grieve the loss of these activities.

As you begin your list below, consider if any of these are "bucket fillers" that are worth the time and energy they take even in this new season. For example, is your time spent training for the neighborhood 5k or going to Book Club or volunteering at your child's school one of the best parts of your week? If so, consider keeping that activity while pausing the others.

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CURRENT ROLES, RESPONSIBILITIES, ACTIVITIES, RECREATION	COULD THIS BE PAUSED FOR THIS SEASON?	BUCKET FILLER!