My Care Plan
for the Week of June 15, 2014

My care plan focuses on my **WELL**: 

- **W**isdom comes from being attentive, grateful and curious.  
- **E**nergy comes from my food, my exercise, my support system and my physical, mental, spiritual and emotional breaks.  
- **L**aughter comes from within myself, from my relationships and from my entertainment.  
- **L**ove comes from within myself, from my relationships and from my passions. 

And, to keep me from falling into the well, I'll also focus on forgiveness of myself, family members, friends, my caree, the disease process and whatever else causes me pain and sorrow. I also recognize that forgiveness is a work in progress.

**This week's intention:** I can become impatient with myself, believing I must master new tasks and responsibilities much more quickly than I do. When I rush because I'm intimidated, I lose time. When I stay calm and confident, I give myself time. And, I am sooo deserving of time.

During the week of June 15, I make the following commitments to staying **WELL**:

**Wisdom**

I stay attentive to: *My bed time. When I go to bed on time, I feel much better the next day.*

I am grateful for: *My help, my support, my opportunities and my good luck.*

I am curious about: *How can I learn from my challenges? How can I have more fun?*
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Energy

My food choices include: *Fruit for snacks, veggies with every meal. Ice cream once a week.*

My exercise routine is: *3-mile walks, six times a week*

If need encouragement, I can: *Read blogs, watch TED talks, remember how far I've come.*

If I need help I can: *Send emails to my sister, John and Susan, and Jenni. I have help and support if I need it.*

If I need to vent, I can: *Write it out.*

I take breaks:

- for my body: *On Sundays, when I rest as I can.*

- for my mind: *Every afternoon at 3 p.m.*

- for my spirit: *Saturday afternoons when I just let go of my worries and during Little People, which reminds me of the power of grace.*

- for my heart: *Every evening I can stop at 9 and feel good about my day*
Laughter

I laugh about: *The craziness of life*

I laugh with: *Everyone*

I laugh while: *I watch Modern Family and Watch What Happens Live*
Love

I love when I: Let go

I love: My work, my family and friends

I love participating in these activities: My walks, reading the newspapers, learning as much as I can about caregiving

I forgive: Myself

I am working on forgiving: Those who have hurt me.

Signed: ........................................  Date: ........................................
Each Thursday, visit CareGiving.com to pick up your care plan—your blueprint what you want and need.

Caregiving.com features the blogs of family caregivers, weekly words of comforts, free webinars and online support groups. Visitors also can join the site’s Caregiving Happiness Project, which looks to determine if small, daily changes can add happiness during a difficult time in life.

Caregiving.com also holds online events that entertain, encourage and provide an opportunity for a virtual escape. We regularly take breaks—for fall, winter, spring and summer. During our breaks, we take time to reflect on what’s going well in your caregiving role and what needs tweaking. In September, family caregivers of all ages show off their creative side in our Caregiving Art Show. In December, we sponsor a Holiday Progressive Blog Party.

You can listen to Your Caregiving Journey, our Internet talk show, which delves into discussions about your caregiving role.

Create a free account on CareGiving.com to begin blogging and connect with others in a similar situation through our online support groups.