

THE ABCS OF CAREGIVING

ACCEPT WHAT IS. BE YOU. CONVERSE WITH SOMEONE WHO UNDERSTANDS. DARE TO ASK FOR WHAT YOU NEED. EMBODY PATIENCE. FORGIVE MIGHTILY, INCLUDING YOURSELF. GATHER POSSIBILITIES. HOPE UNCONDITIONALLY. INCLUDE FEELINGS UNFAILINGLY. JUGGLE. KISS THE JOY AS IT APPEARS. LISTEN WITH EYES AS WELL AS EARS. MAKE TIME FOR YOURSELF. NAME YOUR BLESSINGS. OPEN SOUL TO SOUL. PAMPER YOURSELF WITHOUT APOLOGY. QUICKEN YOUR INTENTION. RUB ELBOWS WITH NATURE. SING YOUR SONG TO THE STARS. TOUCH, YES, DO TOUCH. UNWIND OFTEN AND WELL. VENERATE THE OTHER, YOURSELF, EVERYONE. WAKE UP TO EACH MOMENT. EXPECT SERENDIPITIES. YIELD TOTAL CONTROL. ZERO IN ON THE LOVE.

The Thoughtful Caregiver