

Put On Your Own Oxygen Mask First.....

As the flight begins to leave, the flight attendant explains how the oxygen masks will drop from a compartment above your head. She goes on to advise “Put on your own oxygen mask first before helping others.” If you don’t have adequate oxygen, you cannot make good decisions.

The same advice is true for caregivers. Self care is an unselfish act of stewardship. Taking care of ourselves enhances and prolongs our ability to serve. If our own “cup” is empty, we are unable to share with others.

It is all too easy to focus on the loved one who needs care, and believe we are doing no harm to neglect ourselves. Just the opposite is true. It is important to eat well, exercise, rest when possible, and take time to do those things which renew your own spirit.

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If you won an expenses paid trip to anywhere in the world for two weeks, where would you go? What would you do?

If you did win that trip, and you could take anyone in the world with you without anyone else’s feelings being hurt, whom would you take?

If you could choose any music to have playing while you work, what would that music be?

What “pampering” would you enjoy? (It could be “mischievous.”)

When and where do you feel closest to God?

What frees your spirit more, reading what others have written or putting your own thoughts and feelings on paper?

Name ten things that you love. (It can be anything: times of day, special foods, seasons, colors, activities, hobbies, sports ... anything!)

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

Name the top ten people you would like to share some special time with:

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |