

## “Call to Action”

**Chose one of the assignments below and make it your CALL TO ACTION!**

**1. Self-care assignment:** Pull out a calendar, that has room for your PERSONAL entry and get a blank piece of paper. Write for just five minutes in response to this question, without editing, without too much thought. *What other time have you faced difficulty? How did you get through it? Who nurtured you? Your spouse, partner, beloved aunt or friend? Who else? What nurtured you?* Watering plants, exercise, being in nature, reading, playing the piano, meditation, scrapbooking, crocheting, writing? Now read what you’ve written. See who came to mind. Commit to see one of those nurturing person 1x a week or to talk on the phone or on Skype. Contact them now and arrange your first meeting! Pick one or two of the most nurturing activities. Make time on the calendar to engage in that, even in short increments, that add up to at least 2 hrs a week. Fill in your calendar now!

**2. Share the Care Plan** –Allow everyone to contribute in the way they can. Ask first, what does the person at the center of the care want? What nurtures them? What do they need? Then, ask who is willing to do any of those tasks and let them make a commitment, What will they do? How often? When?

**3. Relationships:** Communicate about SHARED sweet memories, extend appreciation to other family members in a simple and authentic way. Listen. Listen for understanding. Start NOW! Arrange a family meeting( in person, conference call, chat room, Google Hangout or Skype) to happen within 2 weeks. Make sure it’s clear it’s a meeting to keep everyone connected; a chance to brainstorm on how to honor your loved one while he or she is alive, or create a way to share family photos, or arrange for a family gathering. Do it now!

**Most of all: Be kind to yourself. That kindness will naturally extend to others. And please remember, dying is the great mystery and it’s bigger than any one person. The person dying is held in a huge sacred process, it’s not all up to us.**