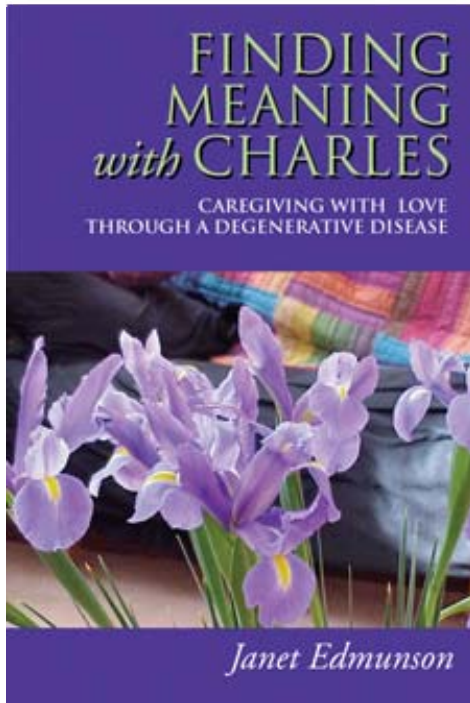




*Inspiring Others Through  
Challenging Life Experiences*



## Caregiving Affirmations

*Janet has peppered over 70 caregiving affirmations throughout Finding Meaning with Charles. She hopes they will provide encouragement when you are caring for a loved one. She recommends that you select one or two that you relate to and write them down. Then keep mindful of them everyday. Here are a few sample affirmations.*

- Approach your loved one sympathetically. A gentle approach can bring breakthrough communication.
- Reflect on your special relationship for inspiration when life gets overwhelming.
- Hold on to your passions, because they are the essence of who you are.
- Feel all of life's emotions.
- Explore life's adventures together to store up fond memories that will sustain you.
- When you're faced with disappointments, focus on at least one positive thing.
- A positive attitude will provide strength to help you handle emotional pain.
- Work together to make meaning out of the tragedy of disease.
- No matter how overwhelmed you both are, make a commitment to keep your spirits high.
- Let the love flow, even when all else is lost.
- A positive attitude can help you get through the toughest times.

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55 Ash Street, Unit 21, Danvers, MA 01923  
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