Chronic Illness and Caregiving: 10 Learnings in 10 Years

Bruce & Kathy McIntyre
1. Denial of the diagnosis is natural. It’s just not helpful for very long.
Chronic illness and Caregiving

2. Chronic illness is not just the patient’s problem. The caregiver is affected as well.
3. Do something for yourself, by yourself, at least weekly if not daily.
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4. Connect with people who fill your cup.
10 learnings in 10 years

5. *Smart* people ask for help.
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6. Say no, so you can say yes.
7. Find your partners for the journey.
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9. **Give and live beyond yourself.**
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10. Create **beautiful** moments anyway!