

Chronic Illness and Caregiving: 10 Learnings in 10 Years

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10 learnings in 10 years

1. *Denial of the diagnosis is natural. It's just not helpful for very long.*



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2. *Chronic illness is not just the patient's problem. The caregiver is affected as well.*



10 learnings in 10 years

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.



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5. Smart people ask for help.



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6. *Say no, so you can say yes.*



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7. Find your partners for the journey.



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8. *Keep learning.*



10 learnings in 10 years

9. Give and live beyond yourself.



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10. Create beautiful moments anyway!

