

Ways to find acceptance:

- Let go of what you cannot control. Stop trying to do everything yourself, ask for help, accept help when it is offered and don't try to be more than you can be.
- Look for the good in situations rather than always seeing the bad. Every situation has good and bad in it. Since it is just as easy to find the bad as it is to see the good, why not spend the small amount of time you have in life looking for good things to focus on.
- Surround yourself with positive people. Positive people will help you feel good about yourself and thus you will feel less anger, less frustration and less resentment.
- Make sure you are caring for your own needs as well as your loved one. If you are not healthy in mind, body and spirit, you cannot be an effective caregiver.
- Find a good support system early on and maintain that relationship on a regular basis.
- Don't judge yourself or your actions so harshly, reflect daily on even the smallest of tasks that turned out favorably. Journal daily so you can keep track of the triumphs and the challenges that come.
- Determine a reward system for yourself and regularly treat yourself to something special that you enjoy possibly, a meal away from your loved one, an extra hour of reading, going to the gym even though there is laundry piled up or picking up a pizza one evening a week instead of cooking. Small rewards will add up and serve to remind you of just how incredible you truly are!
- Write yourself a thank you note and place it on your mirror or somewhere you will see every morning when you get up and every evening when you go to sleep. This will also serve as a reminder of what an important job you are doing.
- Set daily goals and if you are unable to accomplish them, forgive yourself!

