



BRIGHTHAVEN MENU FOR SELF-CARE



BrightHaven Menu for Self-Care

If you've ever flown on an airplane, here is one of the first things you learn: If an air mask is required due to an emergency, you need to put on your own mask first before you assist someone else.

That same principle definitely applies to self-care for the caregiver. If you don't take care of yourself, how can you expect to be able to take care of someone else?

In addition to our Menu for Healing, we have created a similar menu as a guide for successful self-care, which is so very important in the often long and winding road ahead for the caregiver.



AS IN OUR HEALING MENU WE EMPHASIZE LOVE AS THE FIRST AND LAST ITEM; THIS TIME IT IS SELF-LOVE:

- **Love yourself unreservedly**
- **Have faith in the greater plan**
- **Know that everything will work out just as it's meant to**
- **You are doing the best you can – and that is enough**
- **Accept what IS in your heart**
- **Be grateful – each and every new day is a gift**
- **Show kindness to yourself as well as others**
- **Try not to be judgmental of yourself or of others**
- **Believe in healing for the highest good**
- **Watch your breath and live in the moment**
- **Be open to change**
- **Spend time in nature**
- **Smile – it's healing & contagious!**
- **And again, love yourself unreservedly**

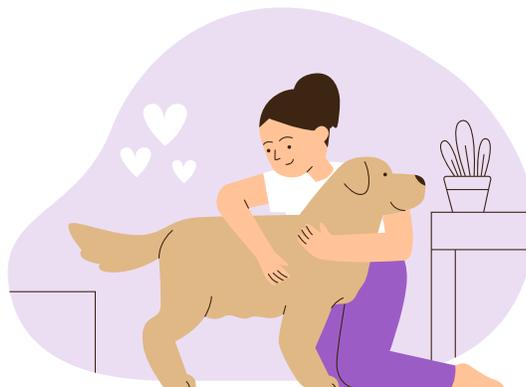


- ! The care of one approaching the end of life can be a very rewarding time. It is also emotionally as well as physically stressful.
- ! And so we must never forget that the caregiver is perhaps the most essential part of the hospice team and must be cared for as she or he in turn cares for their patient.

ONE OF THE MOST IMPORTANT THINGS TO REMEMBER IS THAT YOU ARE DOING YOUR BEST TO CARE FOR AND SUPPORT THIS PRECIOUS LOVED ONE, AND THAT IS ALL YOU CAN DO. THE REST OF THE MENU ITEMS ARE MORE ABOUT "BEING" THAN "DOING."

"If you go through this process with courage and grace, I promise that you will no longer fear death, and your perspective on life will be forever changed to one of acceptance and peace. What greater legacy can our animals leave us?"

-Gail Pope





FOR MORE INFORMATION

If you'd like more detailed information to help you to navigate a terminal diagnosis, including choosing care options and making the right decision for your unique situation:

BOOKLET:

FOLLOW YOUR HEART: NAVIGATING A TERMINAL DIAGNOSIS

written by BrightHaven President and Founder by Gail Pope

available on Amazon at <https://amzn.to/2YxnXCz>

If you purchase this booklet via <https://smile.amazon.com> and select BrightHaven as your favorite charitable organization, Amazon will donate a percentage of the sale price to BrightHaven, which will help us help more animals and the people who love them!

ONLINE COURSE:

BRIGHHAVEN HOLISTIC ANIMAL HOSPICE: NAVIGATING A TERMINAL DIAGNOSIS

available at <http://bit.ly/bright-online-learning>

BOOK A CONSULTATION:

Have questions about how BrightHaven's holistic healing or animal hospice care approaches can help your animal? Wish to discuss end-of-life options with someone both experienced and compassionate? Book a consultation with us via www.brightpathforpets.com/pet-consultation-services-html

ABOUT BRIGHHAVEN CAREGIVER ACADEMY

The **BrightHaven Caregiver Academy** is a pioneering platform dedicated to supporting pet parents through the journey of caring for animals with life-changing diagnoses whether they are difficult, chronic or terminal. At BCA, we specialize in offering comprehensive guidance for pet owners navigating the complexities of senior pet care, sensory loss (vision, hearing, mobility, or cognitive decline), palliative and hospice care, and the grieving process. We are dedicated to providing peace of mind for pet parents as they care for their beloved aging or ill animals.