

## Caregivers #MyositisLIFE

Promote awareness of our caregivers and their relentless pursuit to ensure we are well taken care of, often spending hours each day providing for our needs, advocating for our health, and being there for emotional support.

Barbara Deer, a spouse and caregiver of a patient with polymyositis, provided us with a day-by-day listing of caregiver affirmations that can help caregivers focus on themselves and realize how special they are, and our wish for them to care for themselves. Caregivers have always been a part of MSU and continue to be leading players in how we move forward.

**Day 1** - Stay encouraged. This too shall get better.

**Day 2** - Never give up. You have a purpose.

**Day 3** - Hold your head up. Let the sunlight in the sky give you a moment of joy.

**Day 4** - You're appreciated. If no one says it enough, just know that within yourself, you're awesome!

**Day 5** - When you need a pick me up- think on those things that are good, true, and honest.

**Day 6** - You got this! We're rooting for you!

**Day 7**- When you feel like the stress is too much. Take some deep breaths and tell yourself "I am strong". "I'm going to make it through this".

**Day 8** - In case anyone hasn't told you today, "You're Awesome". Caregivers are just awesome beings.

**Day 9** - Asking for help whether it's through counseling or seeking the wise words of a family member or friend, just remember, "Knowing when you need help, and then asking for it- is a true sign of strength".

**Day 10** - It's ok to take a little time for yourself. Caregivers need a moment to recharge too. If you don't take care of yourself, you won't be able to help anyone else.

**Day 11** - Write a positive message on your phone and have it pop up daily: "I am strong".

**Day 12** - When more things happen that are going wrong in your day, find something to meditate on that actually went right that day.

**Day 13** - Now is not the time to give up. You are a beam of light that will continue to shine.

**Day 14** - Remind yourself that sometimes the most difficult situations can change and get better.

**Day 15** - Improvement sometimes comes in little steps. Hang in there.

**Day 16** - Don't give up, things do really get better. Find the "better" in each day, it's better than focusing on the worse.

**Day 17** - Trials come to make us stronger.

**Day 18** - No matter what, keep pushing forward. We're cheering for you.

**Day 19** - Take a moment just to pamper yourself. Caregivers deserve a moment to recharge.

**Day 20** - Call a friend, Family member or counselor. No one ever built a bridge alone. It's ok if you need a hand.

**Day 21** - No matter how dark it may seem, the sun always appears.

**Day 22** - Never give up.

**Day 23** - Remember that we at "Myositis Caregivers, Family, & Friends Support Group" are cheering for you.

**Day 24** - May you find peace in every situation.

**Day 25** - Hold your head up, you're stronger than you know.

**Day 26** - Smiling can make you feel better. Sometimes doing the motion helps. Let's see. Your smile is as beautiful as you are able to get through this.

**Day 27** - You are an overcomer.

**Day 28** - Even though nighttime brings darkness, look forward to the morning. I can guarantee that daylight is coming.

**Day 29** - You're amazing!

**Day 30** - Caregivers rock!

**Day 31** - You are phenomenal! You got this.

We also have these on graphics that can be easily shared with others. They are available for download at [www.understandingmyositis.org/docs/awareness/2021/caregivers/affirmations/cg-affirmations.zip](http://www.understandingmyositis.org/docs/awareness/2021/caregivers/affirmations/cg-affirmations.zip)

### Caregiver Support:

Get the support you deserve by joining the new Myositis Support Community. It's free, available 24/7, worldwide, and you control what information you share. Join us today at [Myositis.Inspire.com](http://Myositis.Inspire.com)

Aside from the physical challenges, Myositis affects the emotional and spiritual lives of patients and caregivers. It also affects their relationships. Read patient and caregiver experiences, or share your own #MyositisLIFE story at [MyositisLIFE.org](http://MyositisLIFE.org).