
CARE TASKS & DIFFICULT SEASONS:

BUILDING A
SURVIVAL
KIT



YOU DESERVE KINDNESS
REGARDLESS OF FUNCTIONING

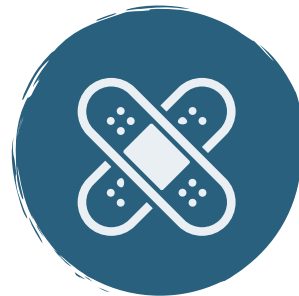


AN INEXHAUSTIVE LIST OF EPISODES THAT MAKE CARE TASKS DIFFICULT



1

DEPRESSION



2

ILLNESS



3

POSTPARTUM



4

BIPOLAR



5

SUPPORT DEFICITS



6

STRESS

SURVIVAL KIT



Hygiene Kit

A hygiene kit can help you maintain a clean and comfortable body when showering is hard. Pack baby wipes, deodorant, prepacked toothbrushes, mouthwash, dry shampoo, & a hairbrush.



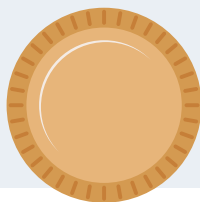
Food

Easy access food is key when trying to survive. Bedside snacks such as granola bars or other packaged snacks can give you quick calories. Frozen microwavable foods are also a great way to eat a warm meal without much effort.



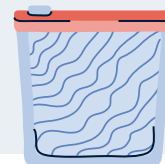
Paper Plates

You have enough to deal with without dirty dishes piling up in your room or your sink. Stock up on paper plates & plastic cutlery so that it's less stressful to feed yourself.



Ziplock Bags

Two gallon ziplock bags are the ultimate survival tool. They can be used as small trash bags. If you tend to leave dishes in your room, place the plate inside so you do not attract bugs or bacteria into your space. When you are well clean up will be easier



Survival Duties

Using a template like "I am surviving" can help you make small achievable goals that will help you survive this period.



Support Contacts

Keep a list of contacts you can call when you are having a hard time. This may include convenience services like a cleaning service or emergency numbers like the crisis hotline. Include friends numbers or providers that can provide support.



SURVIVAL KIT



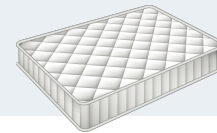
Hydration

Now is the time to lean into the plastic water bottle. Get a case for times when you need easy access to fresh water that can be stored anywhere. Bedside, kitchen, by the couch etc. I once even recommended a camelback backpack to someone who forgot to drink during manic episodes!



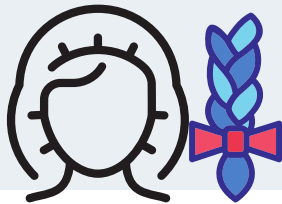
Fresh Sheets Hack

You deserve to sleep on fresh sheets, even when you are struggling to survive. But who has the energy and drive to change sheets on hard days? That's why layering clean sheets on your bed can help increase your level of comfort during hard days. Just peel off the top layer and a new sheet is underneath.



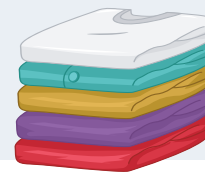
Protective Hair Care

If you are going to be in bed for many days, chances are long hair will get matted. Choose protective hairstyles like braids and consider using a satin cap which can prevent breakage and matting.



Outsourcing

Take the time now to identify services you can use to make your life easier when days are tough. This means having a grocery delivery service on hand or sending laundry out to the wash and fold for a while.



Vitamins

When it's difficult to get adequate nutrition from food, having some vitamins on hand to supplement can make you feel good about caring for yourself even when eating is hard.



Protein shakes

Even when you have easy snacks on hand, it can be difficult to eat when you lose your appetite. Self stable shakes like ensure can help you eat enough calories to sustain yourself until you are in a better place.

