



THE 2018 CARE WELL CHALLENGE

JANUARY

Caregiving Basics will help you Care Well for others who are suffering.



CAREGIVING BASICS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRAY	When we pray before offering care to others, we harness God's strength and healing power.	1 Pray for your children, grandchildren, or nephews and nieces.	2 Pray for friends and family who are experiencing an illness.	3 Pray for locals who are out of work or homeless.	4	5 Pray for a single parent, widow or widower.	6 Pray for local, state, and federal elected officials.
LISTEN	7 Don't underestimate the power of empathetic listening as a way to help someone who is suffering.	8 Listen to a child or young person talk about their day.	9	10 Give someone your undivided attention for 20 minutes.	11 Ask an elderly one to share a treasured memory.	12	13 Spend time with a hurting friend; commit to listening more than talking.
GRIEF	14 Stay present and gracious as you engage a wounded person's grief. Stages of grief include shock, denial, depression, anger, fear and bargaining.	15 Have coffee with a friend who has experienced a loss.	16 Send an "I remember note" to someone who's missing a loved one.	17	18 Ask a grieving loved one to share a happy memory about the one who has passed away.	19 Invite a widow or widower from your community to join in a group outing.	20
DIGNITY	21 Our caregiving should enhance a person's feelings of self-worth and preserve their dignity.	22	23 Be mindful today to not share confidential information without permission.	24 Dignity includes having a say, give someone in your care a choice (what to wear, eat, watch, etc.)	25	26 Invite a widow or widower to share a meal with your family.	27 Remember the power of touch; hug a loved one who is feeling lonely.
	28	29	30	31			



Visit WISDOMoftheWOUNDED.com/CareWellChallenge for calendar updates and downloads.