




# Illness Warriors Quick-Start Guide

## 6-Steps to Arranging Your Life

Step	How	Notes
4. Healing Nest 	Choose your spot	Locate a spot in the house that will offer the most comfort (bedroom, family room, spare room).
	Make it comfortable	Gather extra pillows, blankets, heater, lighting, and anything else you think you'll need.
	Gather supplies	Water, snacks, medications, telephone, reading material, iPad, computer, pet bed, extra socks, coaster for drinks, remotes.
5. Scheduling 	Color code your calendar	Choose different colors for urgent items, appointments, health, kids, errands and social activities.
	Set up Reminders	Calendar reminders on your cell phone and your calendar so that you can keep track of important items. <a href="#">Read more ideas for trimming down your to-do list.</a>
	Get Help	Engage your friends and family. To coordinate, use a website such as <a href="#">CareCalendar.org</a> or <a href="#">LotsaHelpingHands.com</a>
6. Activities 	Participate in Life	How can you participate in life when you don't feel well? <a href="#">Read, "How Making Tea Changed My Life."</a>
	Activities of Three	Try one fun thing, one learning experience and one small chore a couple of days a week.
	Experience Joy	Try incorporating some joyful activities into your day (listening to music or sitting outside). For more ideas, <a href="#">click here.</a>