



Generations Psychological & Consultation Services, LLC

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Know Your Strengths

- **Resilience:** “I can land on my feet.”
- **Flexibility:** “I can change course in the moment.”
- **Optimism:** “I remain hopeful for a favorable outcome.”
- **Compassion:** “I want to relieve suffering of others.”
- **Patience:** “I can accept delay without becoming upset.”
- **Confidence:** “I am sure of my abilities.”
- **Humor:** “I can see and appreciate what’s funny in a given situation.”
- **Gratitude:** “I am thankful for where I’m at and the help I’ve received.”

Know Your Needs

- Transportation
- Laundry
- Meal preparation
- Respite (breaks)
- Childcare
- Prescription pick-up
- Grocery shopping
- Companionship
- Cleaning/Chores
- Pet care
- Keeping family/friends informed
- Managing symptoms or medication side effects
- Giving medications
- Handling insurance
- Managing finances
- Legal work (advanced directives/POA)
- Self-Care