



# REPRIORITIZING YOUR COMMITMENTS

## A.K.A. - ADJUSTING YOUR OXYGEN MASK

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All of us are familiar with the concept of being instructed on an airplane to use the oxygen mask for yourself before assisting anyone traveling with you. However, in daily life we often become over-extended and may find ourselves assisting others and neglecting our own "oxygen mask." The symptoms of a vestibular disorder add to the normal stressors of daily life and make it more important to take time for ourselves.

Discuss how to redistribute some of your commitments as well as possibly taking on new ones that may "re-charge" you.

### Types of Commitments to Reconsider/redistribute:

- Caring for children, grandchildren, older parents
- Role of the dominant, oldest sibling
- Sharing household tasks (e.g., cooking, cleaning, etc.)
- Pet sitting/care, house sitting.
- Working for /assisting the family business (compensated or not)
- Volunteering: church, social, civic, etc.

### Types of Commitments to possibly take on:

- Gardening with a family member
- Gentle exercise: yoga, regular short walks
- Taking a small trip
- Volunteer work: one day event vs. on-going commitment

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