

The 5-Minute Caregiver Reset

When everything feels like too much,
start here.

Created from lived
caregiving experience.
Belle's Den.

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Den**

Virtual Caregivers. Real Support.

Protect.

Protect Your Body First



Important: Drink water as soon as you get up and throughout the day! Thank me later.

Simple morning reset:

- Stand up slowly
 - Roll your shoulders back
 - Stretch arms overhead
 - March in place for 30 seconds
 - Take one deep breath
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Look in the mirror and ask:

“What will I do today to take care of ME?”

Note: Even two minutes of movement tells your nervous system you matter. Protecting yourself is not selfish. It’s sustainable caregiving.

Prioritize.

You Cannot Do Everything Today

What must be done immediately:
(appointments, medications, deadlines)

What can wait:

Write it down. Your brain is not a storage unit. Free it.



Note: If everything doesn't get done, that does not mean you failed. It means you are human.

Pause.

Before The Day Runs Away



- Check blood pressure if needed
- Drink water
- Step outside for 2 minutes
- Sit down without scrolling

What was your Pause moment today?

Note: Burnout doesn't happen in one day. It builds quietly. So does strength.