

■ Caregiver Relaxation Tip Sheet

November is National Family Caregivers Month — a time to recognize your dedication and remind you that you deserve care, too.

1. Practice Mini-Mindfulness Moments

You don't need a full hour for peace. Try a 2-minute breathing break: Inhale for 4 counts, hold for 2 counts, exhale for 6 counts. Repeat 3 times. Set a phone reminder or link it to daily routines (like handwashing or waiting for the microwave).

2. Create a “Pause Space”

Designate one small spot for yourself — a chair by a window, your porch, even your car. Use it for a quick reset: light a candle, sip tea, or just sit quietly. Consistency helps your brain recognize it as a relaxation zone.

3. Use the Power of Sound

Play calming music, nature sounds, or guided relaxation audios. Try apps like Insight Timer, Calm, or Headspace. Even 5 minutes of soothing sound can reduce stress hormones.

4. Move Gently, Often

Movement releases built-up tension. Try stretching your neck and shoulders for 30 seconds, a short walk around the block, or gentle movement videos on YouTube.

5. Connect with Support

Stress decreases when you feel heard. Join a caregiver support group (in-person or virtual). Check resources like Family Caregiver Alliance (www.caregiver.org), AARP Caregiver Resources, or local community centers.

6. Keep a “Gratitude or Let-It-Go” Journal

Each night, jot down one thing you're grateful for and one thing you choose to release (a worry or frustration). This simple act clears emotional clutter and encourages rest.

7. Prioritize Rest — Not Just Sleep

If a full night's rest isn't possible, aim for moments of restoration: power naps (10–20 minutes), lying down with your eyes closed, or guided relaxation.

8. Give Yourself Permission

You cannot pour from an empty cup. Repeat this affirmation: “I am doing my best, and my well-being matters too.”

*Remember: Taking care of yourself helps you show up with more patience, energy, and compassion —
for both you and your loved one.*