



CAREGIVERS WELLNESS TIPS

CAREGIVER

Start each work day with mindfulness meditation.

- Take a few deep breaths. As you do, imagine oxygen enlivening the body, and as you exhale, feel the sense of relaxing. Repeat. Pay attention to your feet, hands, fingers, and stomach. Feel the pulsing of your heart. Clear your mind and focus on your well being. When you are ready, open your eyes.
- Make sure you are eating healthy food. Concentrate on what nutrition you take in. Be kind to your body.
- Make sure to drink plenty of water.
- It is okay to take 5-10 min breaks throughout the day. Use those moments to move your body and stretch.
- Check in with your family members.
- Listen to calming music. During your break, find a quiet place and relax with the music.
- Try to sing and play an instrument at work.



Find time to paint your anxiety, fear, stress:

- Imagine the feeling having shapes, colors.
- Paint them with pastels, pencils, markers, watercolor, or collage.
- Feel the emotions getting better as you are drawing them, painting them.
- Release them by imagining them leaving your body and mind.
- Write about them.

Call for the “Wellness Conversation” and speak with a professional at **(210) 616-0885**.