

Self-Care Tips for Caregivers

During this time, it is important that you take care of yourself.

Self-care activities

- Go for a walk
- Baking or cooking
- Yoga or home exercises
- Phone or video call a friend or family member
- Healthy eating
- Drink water
- Limit social media
- Writing or journaling
- Expressive art, painting, drawing, colouring, clay making, lego
- Solo activities, puzzles, cross words, word searches
- Meditation
- Deep breathing
- Listen to music
- Listen to a Ted Talk or Podcast
- Diffuse essential oils
- Maintain a sleep routine (wake up and go to bed at the same time every day)
- Read a book
- (The possibilities are endless)

Free guided meditation and breathing apps

- MindShift https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en_CA
- Oak https://play.google.com/store/apps/details?id=meditation.fo.rest.oak.oakforest_guidedmeditation&hl=en_CA
- Calm https://play.google.com/store/apps/details?id=com.calm.android&hl=en_CA

Breathing exercises

- 4-7-8 measured breathing ○

- Take a deep breath slowly through your nose and count to 4
 - Hold your breath and count to 7
 - Exhale through your mouth and count to 8
 - Repeat at least 4 times
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- Belly breathing
 - Sit or lie down in a comfortable position
 - Put one hand on your belly, below your ribs, and put the other hand on your chest
 - Take a deep breath slowly through your nose and inflate your belly (your chest should not move, only your belly)
 - Slowly breathe out through your mouth with pursed lips (like you are whistling) and deflate your belly (blow all the air out)
 - Repeat at least 4 times

Reach out if you need support

- Consider phoning Telehealth 1-866-797-0000 if you are worried about any symptoms you may have (i.e. health anxiety about having COVID-19).
- Consider phoning the St. Leonard's Community Services Mental Health Crisis Line at 519-759-7188 if you are in distress or need emotional support.
- Consider phoning the Alzheimer Society of Brant at 519-759-7692 if you need emotional support related to caregiving.