## The Caregiver Toolkit

Physical & Psychological Self-Care Strategies

## Meeting Objectives

- 1 Understand three areas of physical self-care
- Discuss strategies to improve three areas of physical self-care
- Understand three areas of psychological self-care
- Discuss strategies to incorporate three areas of psychological self-care
- 5 Engage in box breathing technique

## Physical Self-Care







**Aerobic Exercise** 

Sleep

**Nutrition** 

### Aerobic Exercise

The Centers for Disease Control and Prevention (CDC) recommends 150 minutes of physical activity a week (30 minutes x 5 days a week).



- Start with activities, locations, and times you enjoy
- Break 30 minutes of exercise into smaller increments
- Schedule exercise for times in the day when you feel energetic
- Look for online activities to do at home
- Join a group, such as a class at the YMCA

## Sleep

The CDC recommends healthy adults sleep 7 hours or more per night.



- > Stick to a schedule
- 20 minute rule- leave your bedroom and do something relaxing
- Avoid large meals, caffeine, and alcohol before bed
- > Remove electronic devices from the bedroom
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Utilize eye masks, black out curtains, ear plugs, fans, sound machines when needed
- Avoid napping and stay physically active throughout the day

### Nutrition



- Include foods that reduce cortisol levels: vitamin B, omega-3 fatty acids, magnesium, and protein
- ➤ Limit foods that increase cortisol levels: alcohol, caffeine, and high-sugar foods
- > Too busy to cook? Try meal prepping
- Do not skip meals
- Save time grocery shopping with curbside pickup and delivery
- Find simple and budget friendly recipes at MyPlate.gov

## Psychological Self-Care



Meditation



**Breathing exercises** 



Progressive muscle relaxation

## Meditation

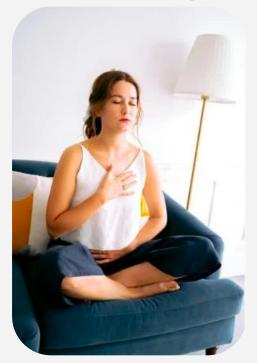
a practice that involves focusing or clearing your mind using a combination of mental and physical techniques



- ➤ Learn what you like: YouTube different kinds of free meditation videos
- Make the time: set aside time in your day for meditation and make it a routine; morning or night
- > Set the surroundings: pick a quiet, calming, comfortable, and distraction free environment

## Box Breathing

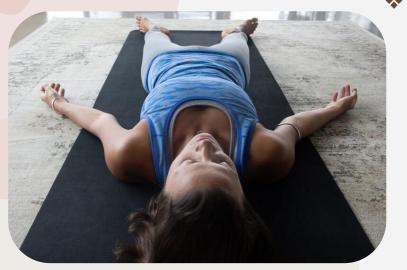
Box breathing is a form of yogic deep breathing found to alleviate stress and promote relaxation



- Breathe out slowly, releasing all the air from your lungs
- Breathe in through your nose as you slowly count to four in your head
- Hold your breath for a count of four
- > Exhale for another count of four
- Hold your breath again for a count of four
- Repeat for three to four rounds

## Progressive Muscle Relaxation

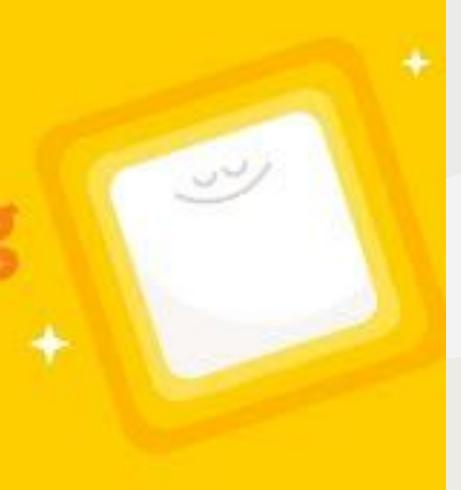
a technique used to obtain relaxation by contracting a group of muscles and then releasing them in a progressive manner



- > Find a quiet, secluded place
- You should be comfortably seated or stretched out on a firm mattress or mat
- Tighten each muscle and maintain the contraction 20 seconds before slowly releasing it
- Start with your facial muscles, then work down the body

## Activity Time!





# Questions?

## Satisfaction Survey

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## References

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