

# The Caregiver Toolkit

*Physical & Psychological Self-Care  
Strategies*

# Meeting Objectives

- 1 Understand three areas of physical self-care
- 2 Discuss strategies to improve three areas of physical self-care
- 3 Understand three areas of psychological self-care
- 4 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).



- ❖ Strategies:
  - 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.



- ❖ Strategies:

- 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



- ❖ Strategies:
  - 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](https://www.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



- ❖ Strategies:

- 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



- ❖ Strategies:
  - 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



- ❖ Strategies:
  - 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!*

# Box Breathing with Dora





Questions?

# Satisfaction Survey

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# References

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