

# Self-Care Techniques

- Relaxation and meditation
- Deep Breathing - Remember to exhale!
- Guided Imagery
- Pushing the pause button
- Taking a 5-minute mental vacation, a day off or a real vacation for escape
- Expressive arts - writing, drawing, music, dance, photography
- Identify 4 things you're grateful for and 4 things you'd like the universe to hold for you
- Connecting with others makes such a difference
- Care for mind, body and spirit
- Checking in with SUDS (Subjective Units of Distress Scale)
- Stress or containment box or ball
- Apps- Calming, Mindspace, Headspace, Feeling monitor
- On-line chats - The Caregiver Space, Modern Loss
- Engage in learning and trainings
- Consider boundaries and pacing
- Shake it off
- Exercise
- Humor
- Eat healthy food
- Get enough sleep
- Finding ways to replenish and feel validated