


## De-Stress and Relax for the Holidays

### Caregivers Recharge



RELAX • REFRESH • RECHARGE

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## Caregiver Stress is Common

- About 1 in 3 adults in the US provide care to other adults as informal caregivers
- Almost 60% of caregivers work outside of the home
- Caregiving has many rewards but also can lead to feeling alone, frustrated, exhausted or sad
- Many caregivers focus so much on their loved ones that they neglect their own health and well-being

## Holidays

### Joyful yet Stressful

- Financial demands of the season
- Interpersonal dynamics of family and friends
- Maintaining good personal health habits with increased time demands


## Covid19 Stress

- Traditions
- Cooking/Baking
- Shopping
- Family Gatherings
- Distancing
- Vacations
- Holiday trips
- Finances
- Grief
- Loss

## Mindfulness Strategies

Being intentionally present with an attitude of curiosity, openness and acceptance

and compassion



## Set an Intention for this Holiday Season

- HOW WOULD YOU LIKE TO SPEND YOUR TIME? (Clock icon)
- WHERE WILL YOU FOCUS YOUR TIME AND ENERGY? (Alarm clock icon)
- AWARENESS WILL HELP YOU DECIDE WHAT IS MOST IMPORTANT (Lightbulb icon)
- RECOGNIZE HOLIDAY PATTERNS THAT DO NOT SERVE YOU WELL (Gift icon)
- START EACH DAY WITH GRATITUDE (Heart icon)



### INTENTIONAL CHOICES

- Connect with others** In your home with your household. With family and friends, not in your household over the phone, Zoom, or outside socially distanced.
- Be silly and look for humor; laugh as often as possible
- Acknowledge and allow yourself to feel sadness/don't force a cheerfulness all the time
- Ask others for help with your responsibilities/accept imperfection
- Say no to requests that are not possible
- Be compassionate and set aside differences

What if you get overwhelmed?

### 4-7-8 Breathing

1. Exhale completely
2. Inhale through your nose for the count of 4.
3. Hold your breath for the count of 7.
4. Exhale audibly through your mouth for the count of 8.
5. Repeat x 4.



### Take Care of Yourself

- Don't overspend on others or yourself – you can't buy happiness
- Get plenty of sleep (7-9 hours)
- Include regular movement/exercise daily
- Minimize your news exposure/TV time
- Enjoy time for yourself in an activity you like, e.g. reading
- Meditate, do yoga, connect with nature
- Don't overindulge in too much food or alcohol eating a healthy diet

National Bestselling Author of *Peace Is Every Step*  
**THICH NHAT HANH**  
 AND DR. LILIAN CHEUNG  
Read by Dan Woren

## savor

Mindful Eating, Mindful Life

