



Building on the Small Moments of Self Care Daily Attention Diary

**CAREGIVER
SUPPORT LINE**
1-855-260-3274

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|--------------------------|---|------------------------------------|-----------------------|
| <input type="checkbox"/> | Monday- Physical | Click for Activity | Benefits Noted |
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| <input type="checkbox"/> | Tuesday- Mental | Click for Activity | Benefits Noted |
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| <input type="checkbox"/> | Wednesday- Emotional | Click for Activity | Benefits Noted |
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| <input type="checkbox"/> | Thursday- Behavioral | Click for Activity | Benefits Noted |
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| <input type="checkbox"/> | Friday- Social | Click for Activity | Benefits Noted |
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| <input type="checkbox"/> | Saturday- Meaning / Nature | Click for Activity | Benefits Noted |
| | | | |
| <input type="checkbox"/> | Sunday- Meditation/Visualization | Click for Activity | Benefits Noted |
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Daily Theme: Physical Wellbeing



Quote: “Your body is not an enemy to be conquered and wrested into submission. Eat well and exercise because you deserve to be healthy and strong. Self-hate is poor motivation. Be patient and kind to yourself, for that will carry you through discouragement and frustration” Go Kaleo

Exercise: Our bodies can be worn by the care that we give to others and therefore need our attention if we are to avoid becoming depleted. You need care! Don't wait for it to be provided to you, actively seek it out. Take some time out of your day today to soak in a candlelit tub, get a haircut or a massage, take a quiet walk or relax with a cup of tea. Renew your body with some kindness and care and see how it changes your day.

Daily Theme: Mental Wellbeing



Quote: “Live as if you were to die tomorrow. Learn as if you were to live forever.”

Mahatma Gandhi

Exercise: The many responsibilities and stresses of your Caregiver role can lead your thoughts to become bogged down and therefore dull. You may need to find ways to get re-inspired. There are so many ways to wake up your mind. Take a risk, learn a new word, take a stab at writing a poem, or playing a memory game with your kids. You can read about the world outside your windows. When your mind is engaged in something you find interesting you are not only waking up your mind, but you are also giving yourself a boost and supporting your self-esteem. Challenge your mind today and notice how much fun it is to learn something new.

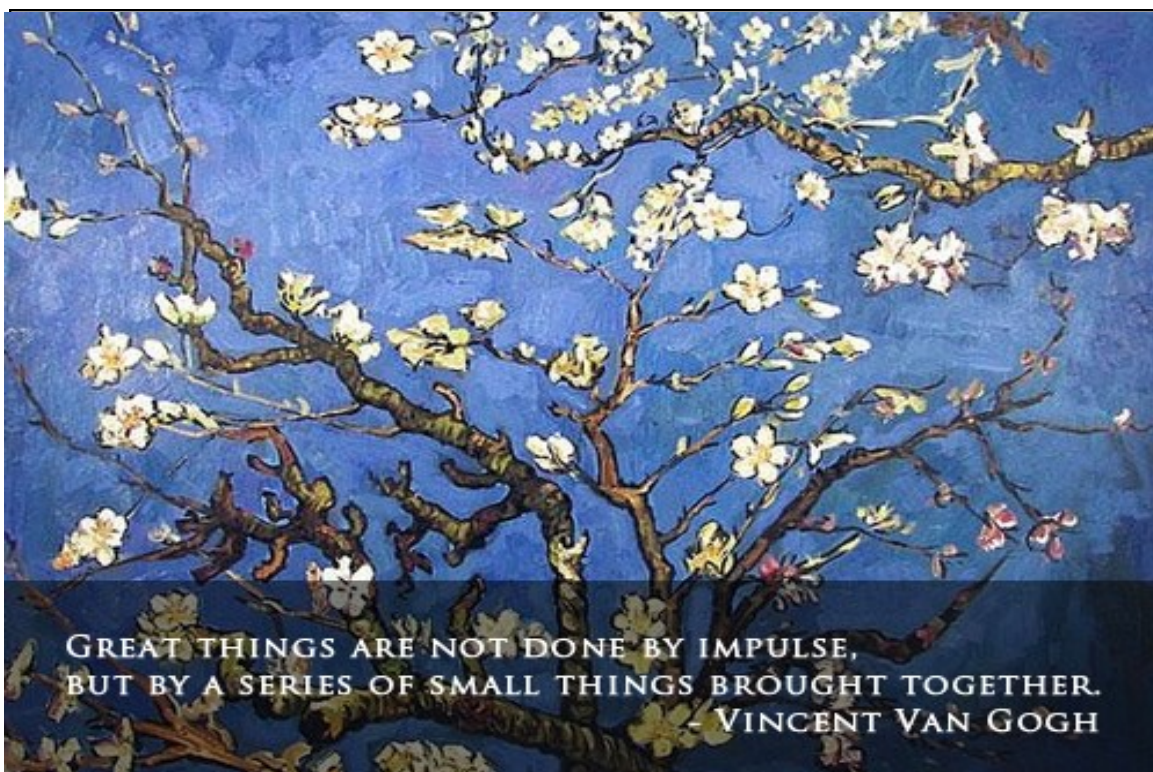
Daily Theme: Emotional Wellness



Quote: “Be willing to bring bad feelings to the light of day. Expose them for what they are. They are only feelings after all.” Lynne Namka

Exercise: All human feelings are an expression or an indication of human needs being met or being frustrated. We feel sad if we lose something we need or happy when a need is satisfied. Our feelings can be an experience of pleasure or pain and are able to provide important information to consider in self care. How aware are you of your feelings and the need that is driving their expression? Take some time today to notice and name your feelings. Take some time to consider what need of yours is being met or frustrated. When we can own our feelings we can then take responsibility for our own self care.

Daily Theme: Behavioral Wellbeing

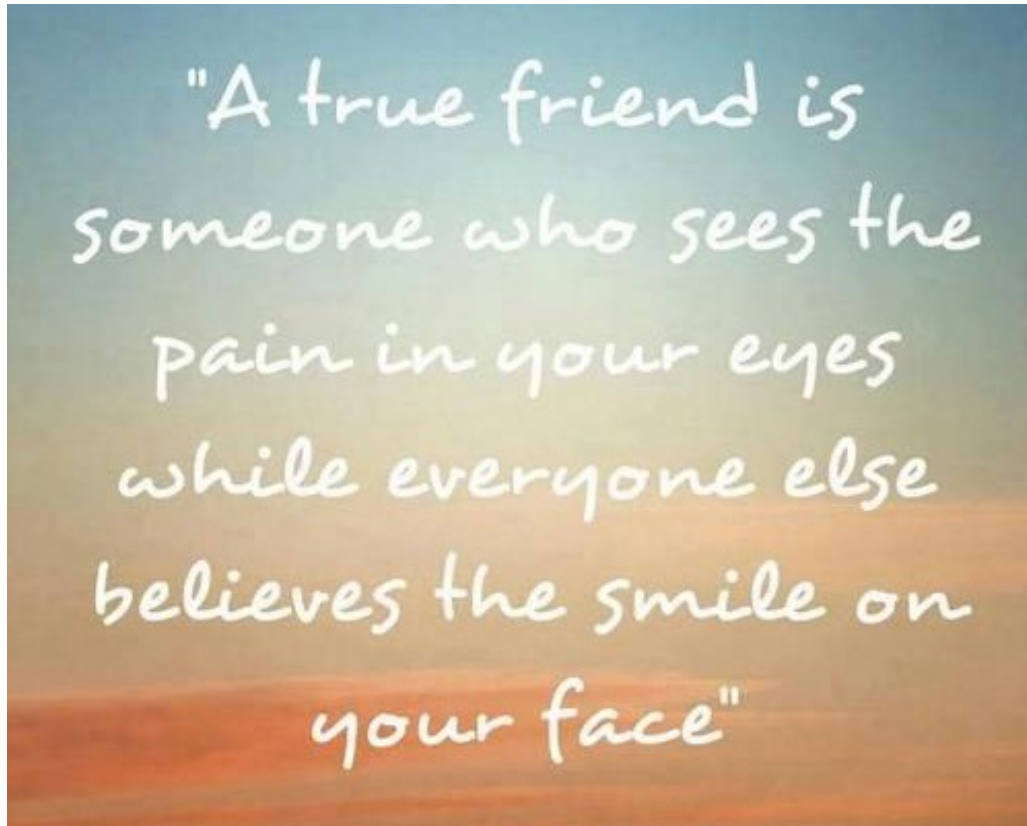


Quote: “We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

Aristotle

Exercise: Our daily behaviors and habits give shape to who we are and color our experience of living. Is there a behavior or habit that you would like to let go of? Is there a behavior or habit that you would like to engage in and nourish today? You have the power to influence the shape and color of your life by engaging in small habits each day that reflect who you are and what matters to you. Take a small step closer today to your best self and a small step towards creating the life you want. Each small step brings you closer to you.

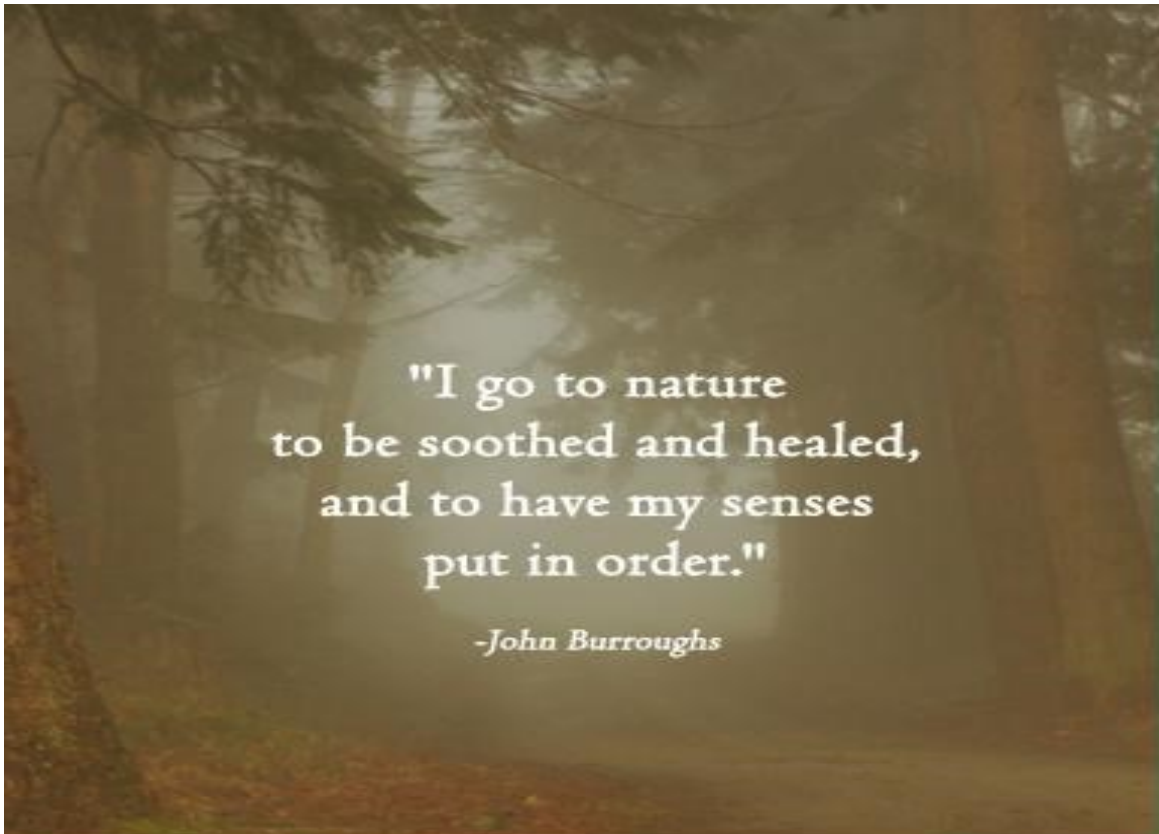
Daily Theme: Social Connections



Quote: "No road is long with good company."

Exercise: You may feel alone in your Caregiving journey and that isolation will contribute to the weight of the burden you carry. Social connections are a powerful and important source of nurturance and support. How many times has your burden been lifted by sharing it with another? Consider reaching out today and letting your guard down with someone you trust. What small steps might you take to share so that others may know what hides behind your smile. Write a letter or call a friend. Join a support group or online Caregiver blog. Connect with a neighbor over the fence or invite a friend or family member to share a meal. Ask for help. Notice how much lighter you feel as you open up to the healing power of connection.

Daily Theme: Seek Nature



Quote: "Adopt the pace of Nature: Her secret is patience." Ralph Waldo-Emerson

Exercise: Healing is often the most neglected need of the healer. Are you in need of being soothed and comforted? Are your senses in need of awakening? The natural world is abundant in its capacity to calm, soothe, inspire, and awaken. Take a moment or many moments today to recognize Nature's capacity to heal you. Consider; building a fire, looking up at the stars, watching the birds, planting a seed, walking in the woods, sitting by a stream. Bring your attention to the grandeur of the natural world and enjoy the healing that it brings.

Daily Theme: Meditation/Visualization



Quote: “It is not selfish to refill your own cup so that you can pour into others. It is not just a luxury, it’s essential.” Unknown

Exercise: Click on this link to be directed to our VA caregiver Website presentation page. On that page you will find a number of digital recordings. Listen to the Mountain Retreat Relaxation Exercise. ([Click on link for recording](#))



Dimensions of Wellness Stress Relief Activities List

Physical

- Go for a short brisk walk
- Take a deep breath
- Attend a relaxation session
- Try yoga
- Dance
- Stretch
- Go for a bike ride
- Don't skip sleep to get things done
- Take a nap
- Regular Medical Care
- Eat healthy
- Take Time Off
- Acupuncture
- Take a vacation
- Try a Staycation
- muscle relaxation
- Breathing exercises
- Go for a jog
- Do a craft project
- Walk your dogs
- Exercise
- Tai Chi
- Qi gong
- Play with a pet
- Sweat out tension with a good workout
- Get a manicure
- Bake
- Avoid tight clothes
- Cook your favorite dish or meal
- Cook a recipe that you've never tried before
- Go get a haircut
- Go to the movies
- Go for a swim
- Go to a sporting event, like a baseball game
- Go borrow a friend's dog and take it to the park
- Lift weights
- Give your pet a bath
- Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
- Go to your local playground and join a game being played or watch a game
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall
- Paint your nails
- Trim your nails
- Change your hair color
- Sing or learn how to sing
- Play a musical instrument or learn how to play one
- Draw a picture
- Paint a picture with a brush or your fingers
- Drink plenty of water
- Get rest
- Canning
- Pay attention to your breathing

- Get enough sleep
- Snuggle under a cozy blanket
- Take a hot shower
- Get a massage
- Cuddle with a pet
- Kiss
- Get a hot stone massage
- Snuggling with your animals
- Ask a friend for a hug
- Pet a dog/cat
- Take a bubble bath
- Enjoy a glass of wine
- Eat chocolate (it's good for you!) or eat something else you really like
- Eat your favorite ice cream
- Savor a warm cup of coffee or tea
- Burn a scented candle
- Put air freshener in your car
- Book an aromatherapy session
- Bake cookies and let the smell roam your home
- Boil orange slices, water and cinnamon to enhance the smell in your home
- Turn on some loud music and dance
- Make a movie or video
- Take photographs
- Get out of your house, even if you just sit outside

Mental

- Clean out a junk drawer or a closet
- Take action (one small step) on something you've been avoiding
- Try a new activity
- Drive to a new place
- Immerse yourself in a crossword puzzle.
- Do a word search
- Learn how to say no
- Break down large tasks
- Look at problems as challenges
- Look at challenges differently
- Be aware of your decisions
- Look for the silver lining
- Make goals
- Strive for excellence, not perfection
- Stretch your limits
- Have a plan "B"
- Set priorities
- Turn off all electronics
- Organizing/De-cluttering
- Plan short term goals
- Plan long term goals
- Make a Vision Board
- creating a comfortable house that truly is my home
- Get organized
- Strive for good enough, not perfection
- Remember stress is an attitude
- Remember your options
- Sign up for a class that excites you at a local college, adult school or online
- Educate yourself on you loved one's condition
- Watch a ballet
- Watch a comedy program
- Watch a movie
- Watch television
- Listening to music
- Listen to the Radio
- Whistle a tune
- Music therapy
- Enjoy art
- Leave work at work

- Learn something new
- Play solitaire
- Play video games
- Visit your favorite Web sites
- Go shopping
- Do a puzzle with a lot of pieces
- Sell something you don't want
- Create your own Web site
- Knit, crochet, or sew—learn how to
- Make a scrapbook with pictures
- Work on your car, truck, motorcycle or bicycle
- Write a poem, story, movie or play
- Go for a drive in your car or go for a ride on public transportation
- Go to a library
- Learn a new language
- Write a song
- Memorize lines from your favorite movie, play or song
- Read something on a topic you wouldn't normally
- Read your favorite book, magazine or newspaper
- Go to a bookstore and read
- Hum a jingle
- Doodle
- Learn a joke
- Learn a new song
- Go to the mall or the park and watch other people; try to imagine what they're thinking
- Use guided imagery
- Unclutter your life
- Develop a sense of humor
- Plan a trip to somewhere you've never been before
- Go to your favorite café for coffee or tea
- Visit a museum or local art gallery
- Build a support network
- Create your own list of self-care activities
- Sign up for respite

Emotional

- Write your feelings down
- Cry
- Laugh
- Try laughter yoga
- Give yourself affirmations
- Practice self-compassion
- Buy yourself a gift
- Flirt
- Write about things that are bothering you
- Express anger when you need to.
- Seek Counseling
- Forgive others
- Learn to be with and accept your feelings
- Find a “vent” partner
- Be optimistic
- Laugh
- Let go of something
- Foster Self-Forgiveness
- Don't beat yourself up for negative thoughts
- Give yourself permission to feel your feelings and let them go
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset

- Make a list of ten things you're good at or like about yourself and keep it with you to read when you're feeling upset
- Recognize the importance of unconditional love
- Write things you like about yourself on paper
- Schedule "Me" time
- Take a mental health day
- Be gentle with yourself
- Give yourself a break
- Make a list of music you can play when you're feeling upset

Behavioral

- Wake naturally; without an alarm clock
- Get up earlier
- Say "NO" more often
- Delegate some responsibilities
- If someone offers help take it
- Ask for help
- Set appointments
- Engage in small acts of kindness
- Break a bad habit
- Take Time for lunch
- Do not work overtime
- Use all available resources
- Slow down
- Smile
- Say something nice
- Remove yourself from a difficult situation
- Avoid negative people
- Do things in moderation
- Drive a different route to work
- Tell the person who is adding to your stress what they are doing that makes you feel this way.
- Know your limits
- Get help with jobs you dislike
- Get to work earlier
- Scream at a ball game

Social

- Call the Caregiver Support Line
- Go on a lunch date with a good friend.
- Participating in a book club
- Joining a support group
- Volunteer work
- Call a good friend
- Talk to someone
- Meet a friend for coffee
- Teach someone a skill
- Have face-to-face conversations with people
- Say hello to a stranger
- Play with a child
- Go out and visit a friend
- Invite a friend to come to your home
- Text message your friends
- Organize a party
- Play a game with a friend
- Go online to chat
- Join an internet dating site
- Participate in a local theatre group
- Sing in a local choir
- Spend time with family
- Join a group
- Write a letter to a friend or family member

- Call a family member you haven't spoken to in a long time
- Go on a date
- Visit an Animal Shelter
- Praise others

Meaning/Nature

- Attend a religious service
- Light a candle
- Meditate
- Write in a journal
- Spend time in nature
- Pray
- List five things you're grateful for.
- Share your spiritual journey with loved ones, and invite them to discuss their journey with you.
- Name something good that happened today
- Look for grace
- Notice the little miracles
- Put yourself in the environment where you feel connected to God/Higher Power
- Find passion
- Remember what you love
- Recall a peaceful time and imagine actually being there
- Give yourself the assignment of being mindful for 1 day, 1 hour or 1 minute. Really be present. Observe yourself and the events around you and fully participate with your heart.
- Say Thank you
- Volunteer work
- Go to your church, synagogue, temple, or other place of worship
- Write a letter to your higher power
- Read inspiring quotes
- Practice Mindfulness
- Learn who you are
- Figure out what you want in life
- Reflect on what you are thankful for
- Talk to a member of the clergy
- Practice grace
- Work with a life coach
- Believe in yourself
- Make a list of ten things you would like to do before you die
- Write a letter to someone who has made your life better and tell them why (you don't have to send the letter if you don't want to)
- Use guided meditation
- Sit outdoors by a fire-pit, watching the flames and listening to the night sounds
- Lie down where the afternoon sun streams in a window
- Go to a spa
- Eat a meal by candlelight
- Walk in the rain
- Lay in the grass
- Going places—getting a change of scenery
- Sit in front of a large body of water (like an ocean) day dreaming and/or praying.
- Do some yard work
- Raise chickens or another animal
- I find that sitting on my porch, with attention to nature helps.
- Plant a garden
- Go hiking
- Go for a walk in a park or someplace else that's peaceful

- Plant a tree
- Feed the birds
- Gathering flowers from my garden
- Appreciate Seasonal Changes
- Canoe
- Climb a tree
- Go Fishing
- Go hunting
- Look at the stars
- Stare up at the sky and make shapes out of the clouds
- Watch the sunrise
- Watch the sunset
- Go outside and watch the birds and other animals
- Listen to running water
- Listen to ocean waves or the sound of water
- Hang up a wind chime
- Breathe in fresh air
- Open your windows and let in fresh air
- Smell a flower
- Wiggle your bare feet in overgrown grass.
- Go to the local market
- Cook out
- Go on a picnic
- Be a tourist in your own city