

THE CAREGIVER RESET KIT
Quick, Compassionate Strategies to Help You Recenter,
Regain Your Energy & Feel Like Yourself Again

by *Sarah Caratasios, LMSW*



Strength Within



A Message From Me to You

Caregiving changes you.

It grows your heart, stretches your capacity, and asks parts of you to rise that you didn't even know existed. But it also takes a toll quietly, slowly, and often without warning.

This Reset Kit is here to give you something you rarely receive: a moment to pause, a breath of steadiness, and simple tools that help you feel human again, not just responsible, not just holding it all together, but truly feeling cared for in the process. None of this requires hours, perfection, or rearranging your life.

These are small, doable resets you can use anytime your body says, "I need a minute."

xoxo Sarah

Let's begin.



The One-Minute Nervous System Reset

A fast way to steady yourself when overwhelm spikes.

Step 1: Unclench your jaw.

Your body instantly reads this as a cue to calm down.

Step 2: Drop your shoulders.

Let gravity hold the weight for a moment.

Step 3: Exhale slowly. Not dramatic, just intentional.

Let the breath fall out.

Step 4: Plant your feet on the floor.

Feel the stability beneath you.

Step 5: Tell yourself quietly:

“I’m safe. I’m present. I can handle this moment.”

Sixty seconds won’t fix everything, but it will give your body fighting chance to reset so **you** can keep going.

The Clarity Break



A simple mental reset for when everything feels urgent.

- Ask yourself:
 - **A.** What actually needs my attention in the next hour? Not the whole day just the next hour.
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 - **B.** What can wait without falling apart? This is where your power returns. Not everything needs you right now.
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 - **C.** What tiny thing can I delegate or ask for help with? A five-minute task. A quick check-in. A simple ride.
 - Support isn't weakness it's how caregivers stay standing.
 - This clarity break takes less than two minutes and helps shift you from frantic to focused.

The Two-Minute Heart Lift



A grounding practice that reconnects you to warmth and hope.

Step 1: Close your eyes and bring to mind someone or something you deeply love.

Notice what softens.

Step 2: Let that feeling fill your chest.

Warm, gentle, steady.

Step 3: Offer a drop of that same compassion to yourself.

You deserve it just as much.

Step 4: Repeat:

"I'm doing my best. I matter in this story too."

This small pause helps you reconnect to your resilience instead of your exhaustion.



A Self-Care Check That Doesn't Add Work

Relief that fits into a real caregiver's life.

Ask yourself:

"What is one thing I can do today that supports my well-being without creating more work?"

A few supportive choices:

Sip something warm before bed

Step outside for 3 breaths of fresh air

Turn on music that lifts you

Sit in your car for one quiet minute before going inside

Put down one responsibility – just for now

The goal isn't productivity.

It's preservation.



A Reminder for the Days That Feel Heavy

Read this slowly:

*You are carrying a level of responsibility that most people never see,
and you are doing it with love, grit, and a heart that refuses to quit.*

You are not failing.

You are not behind.

*You are navigating something complex, emotional, sacred,
and exhausting all at once.*

Your presence matters.

Your effort matters.

And your well-being is not optional. It is essential.

*You deserve steadiness, support, and moments of ease not after
everything is handled, but in the middle of it.*

Sarah Elliott-Caratasios, LMSW



*Author of **When Love Becomes Care: Real Talk for the Sandwich Generation**,*

The Adventures of Nibbles Munk Munk, I Love You as Much as, and Edible Blooms Cookbook

Founder of Metanoia Crate LLC

Sarah is a powerful advocate for women and caregivers who are carrying more than anyone realizes. Through her online courses, writing, and real-world experience, she teaches practical, life-changing strategies that help women reclaim their energy, steady their emotions, and feel supported—not stretched thin.

Her work blends professional insight with lived compassion, giving women permission to breathe, reset, and rebuild their days with confidence and clarity. Everything she creates has one mission: to make sure no woman or caregiver ever feels lost, overwhelmed, or alone again. If you're ready to feel understood, strengthened, and equipped with tools that actually fit your life, her resources will meet you right where you are and help you rise



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