



# Caregiver Corner

## **INTERNATIONAL SELF-CARE DAY**

July 24<sup>th</sup> is National Self-Care day. We are often so busy looking after everyone else that we forget to take time for ourselves. Self-care should be a daily practice so that we are continually being rejuvenated. And these practices don't need to be time consuming or expensive. Here are some daily practices that are quick and easy and are a great pick-me-up.

- Start your day with some easy stretching as soon as you get out of bed. Reach for the sky, touch your toes, bend at the waist, do some lunges. It only takes a couple of minutes

to get things moving after a sleep. Do this before you get distracted doing the many things you need to do before heading out the door.

- Meditation doesn't have to be a long session, closing your eyes and being mindful of all the sounds you hear for just 3 or 4 minutes in the middle of your day can make you feel refreshed and relaxed.

- Go for a walk in mama nature. Enjoy the sounds, colors, wildlife, trees, mountain formations etc. Let your senses go wild.

- Count your breathing. Take just a couple of minutes and count each breath you

take in as you say "I breath in healing energy" and then as you exhale say to yourself "I breath out all negativity." Keep doing this for a few minutes and notice how great it feels.

- Before you go to bed make a Gratitude List in your mind of 3 things you are grateful for that happened that day. And it's not just the big things that matter. Something simple like being able to sit in the sunshine for a few minutes with your favorite beverage. Being thankful for your day will put you in a good mindset to have a great sleep.

We need to be kind to ourselves first so that we can be of service to others.

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