

## Wellness doesn't just happen. You have to make it happen.

When we feel the effects of stress weighing us down, it is just like lugging around a backpack that is becoming heavier by the minute. Too much stress can make our caregiving journey even more difficult.

Here is a selection of ways that you can try to incorporate breaks in your day.

### Can you find 5 minutes? Try these 5-minute mini-breaks

- ❖ Do some stretching
- ❖ Meditate in a quiet room
- ❖ Practice deep breathing
- ❖ Turn on music, relax, dance

### Can you find 10 minutes? Try these 10-minute mini-breaks

- ❖ Take a power nap
- ❖ Make a cup of tea
- ❖ Write in a journal
- ❖ Connect socially with others (phone, Facebook, email)

### What about 15 or 30 minutes? Try these 15 – 30-minute mini-breaks

- ❖ Go for a walk
- ❖ Gardening
- ❖ Try to exercise or do something active, go for a walk, do the exercise programs on TV (Eastlink or Bell have free options for this)
- ❖ Read a book or watch something funny
- ❖ Coloring books, puzzles, crosswords or Sudokus

### Can you manage a whole hour for yourself? Then try these 60-minute mini-breaks

- ❖ Paint, sketch, woodworking
- ❖ Schedule a play date for yourself. It could be going to a painting class, writing in your journal, attending a concert, a social event, driving to the beach for a walk.
- ❖ Instead of rushing through a shower, take a long, hot bath. Add candles and soft music and make it like a spa.
- ❖ Go to the park and walk the boardwalk
- ❖ Meet a friend for lunch, go shopping
- ❖ Get a massage, manicure

\*You viewed this article on the Caregivers Nova Scotia website [www.CaregiversNS.org](http://www.CaregiversNS.org).  
For more information, contact us toll-free at 1.877.488.7338.