

101



COPING SKILLS FOR CAREGIVERS

Listen to music
Drink some tea
Go for a walk
Take a bath
Watch a funny video
Journal (write down your thoughts/feelings).
Call or text a friend or family member
Meditate or pray
Review old photos of positive memories
Paint your nails
Go to the library
Chew gum
Read inspirational quotes
Name 3+ of your positive attributes.
Think of something you accomplished.
Squeeze a stress ball
Make a collage.
Volunteer

Wash dishes
Get a massage
Read a magazine
Go out to eat
Do a puzzle, sudoku, etc.
Visit a pet store or animal shelter
Go for a drive
Read self-help articles or books
Breathe
Write a thank you card to someone.
Ask for help or support.
Hug someone
Alternatively tap your knees.
Clean or organize something.
Cry
Light a candle
Move your body (yoga, stretching, exercise, etc.)
Set a positive intention for the day.

Take Care of Yourself