



# THE SILVER TSUNAMI

## AGING INFO

### Your Ticket to Compassion, Navigating the Dementia Journey

#### Chapter 1: Self-Care Ideas

- Meditation
- Yoga
- Zumba
- Deep relaxation techniques
- Breathing exercises
- Tai Chi
- Going for a walk/hike – being one with nature
- Stretching
- Taking time for spiritual practices
- Keep a gratitude/guided journal
- Say positive affirmations aloud – create a list
- Get a massage
- Get a facial
- Get a pedicure
- Practice self-compassion/give yourself some grace
- Read your favorite book/read poetry
- Watch movies
- Listen to your favorite music/create a special playlist
- Prioritize nutrition
- Find time to exercise
- Make time for your hobbies
- Play with a furry friend
- Hot showers/bubble baths
- Saunas/Steam showers

*It does not matter what you do to take care of yourself; the important part is that you spend time finding time to re-energize yourself to be the best caregiver you can.*

**OUR CONTACT INFORMATION –**

**AUTHOR AND FOUNDER – KATHI MIRACLE - M.A., NCCDP, CBT, LTCIP**

**WEBSITE – [MYSILVERTSUNAMI.COM](http://MYSILVERTSUNAMI.COM)**

**PHONE – 303-773-1023**

**EMAIL – [CONTACT@MYSILVERTSUNAMI.COM](mailto:CONTACT@MYSILVERTSUNAMI.COM)**