

## Nourish your body

Your body needs healthy food and plenty of water to stay well, manage stress, and do all the things you need and want to do. What does your body need for nourishment today?

## Nourish your mind

Positive thoughts will benefit your mood. Take a few minutes to focus on the positive.

Think of something that went right in the last 24 hours—something you appreciate and feel grateful for. This can be something simple and obvious. For example, water came out of the faucet when you turned it on this morning.

Now, think of something you did well recently, like staying patient in a difficult situation or making someone laugh. Think of as many positive gifts and strengths as you can in the time you set aside.

Pick a positive affirmation, such as “I am strong.” Repeat it throughout the day. Do this silently, in your thoughts, or write down your positive thoughts so you can reread what you wrote when you are feeling down.

“Almost anything  
will work again if  
you *unplug it* for  
a few minutes,  
including you.”

– Anne Lamott

COPSA Institute  
for Alzheimer’s Disease  
and Related Disorders

# Self-Care

Care2Caregivers

800.424.2494

[care2caregivers.com/self-care](https://care2caregivers.com/self-care)

©2020 Rutgers Health University Behavioral Health Care

RUTGERS University  
Behavioral Health Care

## Pause

**Stop** what you're doing to focus on the present moment. You can do this throughout the day, for a brief second or for a longer time to relax and reflect.

**Check in** with yourself. Become aware of your thoughts and your breath. Notice what's around you. Focus on your sensations. Take your emotional temperature.

**Proceed** back to your day with your new awareness.

## Breathe

Your breathing changes with your state of mind, and your state of mind responds to your breath. Deep breathing will calm both your body and your mind.

Breathe slowly and deeply through your nose. Your belly will come out as you breathe in. Keep your shoulders and upper chest still. Slowly, lengthen your exhale. Smooth your breath so it flows easily in and out.

Deep breathing at bedtime can improve sleep. It may also be very calming when you are feeling anxious or stressed.

## Move

Stretching throughout the day eases the strains on your body and your mind. Try these simple stretches often.

Move your head up and down, without tipping your head too far back. Repeat a few times, focusing on relaxing.

Bend your head side to side to stretch your neck, going only as far as is comfortable for you. Keep your shoulders down. Repeat.

Rotate your shoulders. First, roll them backwards and up towards your ears as you breathe in. Then, roll them forwards and down as you breathe out. Repeat a few times, paying attention to how good it feels to take time to stretch.

## Self-Care

Self-care includes all of the activities you do every day that contribute to your well-being. Regular practice will build strong self-care habits and routines.

The following link will take you to the Care2Caregivers Self-Care web page, where you can download the full Self-Care guides for Family Caregivers, Professional Caregivers, or Individuals, and view the *Pause*, *Breathe* and *Move* videos. Each is available in both English and Spanish.

[www.care2caregivers.com/self-care](http://www.care2caregivers.com/self-care)

What are some other ways you can  
move your body?