



Pause, Breathe, Reconnect...

The Children's Treatment Centre recognizes that current circumstances have made it more challenging for caregivers to take time for themselves.

These are suggestions for ways caregivers might give themselves a quick recharge throughout the day.

Pause, and Take a Moment

- ♥ Yawn & Stretch slowly for 10 seconds
- ♥ Slowly count to 10
- ♥ Think of your favourite inspirational quote
- ♥ Try 4-7-8 breathing (in for 4 seconds, hold for 7, exhale for 8)

Stop, and Take a Minute

- ♥ Step out of your environment
- ♥ Go for a short walk
- ♥ Meditate - recall a time you felt relaxed
- ♥ Try a quick 5-min yoga:

https://www.youtube.com/watch?v=A_2ziLkl38E

Relax, and Take a Break

- ♥ Take a bath
 - ♥ Watch your favourite TV show or Listen to your favourite music
 - ♥ Look through family photos and/or videos
 - ♥ Write what you're thankful for and/or Journal
 - ♥ Spend time talking with friends
 - ♥ Try some online Yoga or Tai Chi
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