

# 20 CREATIVE WAYS TO TAKE A BREAK

**You don't need a weekend getaway to rest.** These small, doable breaks can help you recharge without leaving your caregiving role behind.

## QUICK MENTAL RESETS

- Step outside for a few deep breaths (front porch counts).
- Listen to your favorite song and do nothing else.
- Watch a funny or calming video (bonus: baby animals).
- Close your eyes and take 10 slow, deep breaths.
- Do a quick journal prompt: *"What's one thing I need today?"*

## BODY BREAKS

- Stretch your arms, shoulders, and neck—gently.
- Take a slow walk inside or around the block.
- Dance it out in the kitchen for one song.
- Try a 5-minute chair yoga video on YouTube.
- Massage your hands or feet with lotion.

## CONNECT WITH YOU

- Make a hot drink and enjoy it phone-free.
- Read one page of a book just for pleasure.
- Text or call a friend—not to vent or plan, just to say hi.
- Light a candle or diffuser with your favorite scent.
- Try a meditation or calming app (Insight Timer, Calm, etc.)

## ASK FOR SUPPORT

- Ask a friend or neighbor for 20 minutes to yourself.
- Use a grocery delivery or pickup service to save time.
- Schedule a recurring check-in with someone who "gets it."
- Explore community day programs or respite options.
- Try a "caregiver co-op" and swap short breaks with a friend.

### **Remember: Your needs matter, too.**

Even small breaks can help you keep going with more energy and compassion... for your loved one and for yourself.

[sandwichedkc.com](http://sandwichedkc.com) | [info@sandwichedkc.com](mailto:info@sandwichedkc.com) | (816) 472-9178

