



Fitness for Life

Healthy Caregiving and Stress Reduction: ACTIVITIES TO CALM

- ✓ Regular exercise, moving
- ✓ Get a backrub, massage
- ✓ Laugh
- ✓ Do nails
- ✓ Stretching
- ✓ Social support/talk with friends
- ✓ Journaling
- ✓ Healthy eating habits
- ✓ Get organized
- ✓ Restful sleep
- ✓ Change environment
- ✓ Share feelings
- ✓ Avoid situations that cause stress
- ✓ Time management plan
- ✓ Meditate, Visualize
- ✓ Fun social activities, play, adult play date
- ✓ Count to 10
- ✓ Breathe!
- ✓ Sex
- ✓ Mindfulness meditation
- ✓ Read
- ✓ Listen to music
- ✓ Bath/shower
- ✓ Dance
- ✓ Look at a photo album
- ✓ Driving, shopping, walking (w/o children)
- ✓ Going to movies
- ✓ Cleaning
- ✓ Hobbies
- ✓ Alone/me time
- ✓ Time with pets
- ✓ Healthy snack break
- ✓ Getting hair done
- ✓ Pacing myself, leaving margin between activities

- ✓ Pray or develop a spiritual practice
- ✓ Soften critical self-talk replace with positivity

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