

THE 5-MINUTE CAREGIVER RESET

A guided moment to breathe, ground yourself, and come back to the present.

You don't have to fix everything right now.
For the next five minutes, this time is for you.

MINUTE 1 — BREATHE

Box Breathing

Find a comfortable position. Let your shoulders drop if you can.

Follow this breathing pattern:

Breathe in — 4 seconds

Hold — 4 seconds

Breathe out — 4 seconds

Hold — 4 seconds

Repeat this circuit for **one minute**.

Don't worry about doing it perfectly. Just follow the rhythm and let your breathing slow down.

As you breathe, remind yourself:

*I don't have to solve everything right now.
For this one minute, I can simply breathe.*

MINUTE 2 — NOTICE

5 Things You Can See

Look around you and slowly notice **5 things you can see**.

They can be anything:

- A window
 - A chair
 - A picture
 - A cup
 - A plant
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Take your time. Look at each thing for a moment and quietly name it in your mind.

You don't need to change anything.

Just notice what is around you.

Remind yourself:

I am here. I am safe in this moment.

MINUTE 3 — FEEL

4 Things You Can Feel

Bring your attention to **4 things you can physically feel**.

Notice things such as:

- Your feet touching the floor
- Your hands resting in your lap
- The chair supporting your body • Your clothing against your skin

Pause with each sensation for a few seconds. Notice how your body feels without judging it.

Remind yourself:

I can feel where I am.

I can let my body relax.

MINUTE 4 — LISTEN

3 Things You Can Hear

Now become aware of the sounds around you.

Identify 3 things you can hear.

They might be:

- A clock
- Someone talking
- The hum of an appliance
- Birds outside
- Your own breathing

You don't need complete silence.

Simply notice each sound without judging it.

Remind yourself:

I am present.

I don't have to think about everything at once.

MINUTE 5 — COME BACK TO YOURSELF

Take one slow, comfortable breath.

Place your feet firmly on the floor or gently place a hand over your heart. Ask yourself:

What do I need right now?

Maybe you need:

A drink of water.

A few more minutes of quiet.

Someone to talk to.

A little help.

A moment to simply sit.

Whatever your answer is, allow yourself to acknowledge it.

Before you return to your day, remember:

You are a caregiver, but you are also a person who needs care.

Taking five minutes for yourself is not selfish.

It is okay to pause.

It is okay to breathe.

It is okay to ask for help.

ONE LAST BREATH

Breathe in slowly.

Breathe out slowly.

You made it through five minutes.

Now take the next moment one step at a time.