

BEGIN AGAIN LIVING MINISTRIES

Five-Minute Practices for Caregiver Renewal

Brief ways to pause, regulate stress, and reconnect with yourself

A COMPLIMENTARY GUIDE FOR FAMILY CAREGIVERS

Compassionate guidance for caregiving, grief, and end-of-life transitions.

From Diagnosis to Goodbye™

Five-Minute Practices for Caregiver Renewal

Five minutes cannot resolve the demands of caregiving, but brief restorative practices can interrupt continuous stress and remind the caregiver that their body, mind, and spirit also need care.

Use this guide as a starting point for conversation. Individual needs and care plans may differ.

1. Slow breathing

Sit safely, relax your shoulders, inhale gently, and make the exhale slightly longer. Repeat without forcing the breath.

2. Ground through the senses

Notice what you see, hear, feel, smell, and taste. This can shift attention from racing thoughts toward the present environment.

3. Move with intention

Stretch the neck and shoulders, walk to the mailbox, stand near a window, or move in a way that is safe for your body.

Practical Guidance

1. Use a spiritual pause

Pray, read a brief passage, repeat a meaningful phrase, sit in silence, listen to sacred music, or name one source of hope.

2. Make one supportive connection

Send a message that says, "I have five minutes and need a kind voice," or share one honest update with someone trustworthy.

3. Complete one act of care for yourself

Drink water, eat a simple snack, take prescribed medication, wash your face, step outdoors, or schedule an overdue appointment.

My Next Steps

- ☐ Choose two practices that fit my daily environment.
- ☐ Attach one practice to an existing routine such as morning coffee.
- ☐ Set a gentle reminder rather than waiting for complete exhaustion.
- ☐ Ask someone to cover care for five uninterrupted minutes.
- ☐ Remember that brief practices complement - not replace - adequate rest and support.

You do not have to carry this journey alone. Support is available, and asking for help is an act of care.

About Begin Again Living Ministries

Begin Again Living Ministries offers compassionate education and support for individuals, families, caregivers, churches, and organizations navigating grief, caregiving, stress, and end-of-life transitions.

Visit: balministries.org

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