

# The Wear and Tear on Those Who Care



OR

How Not to Lose Your Health –  
or Your Mind

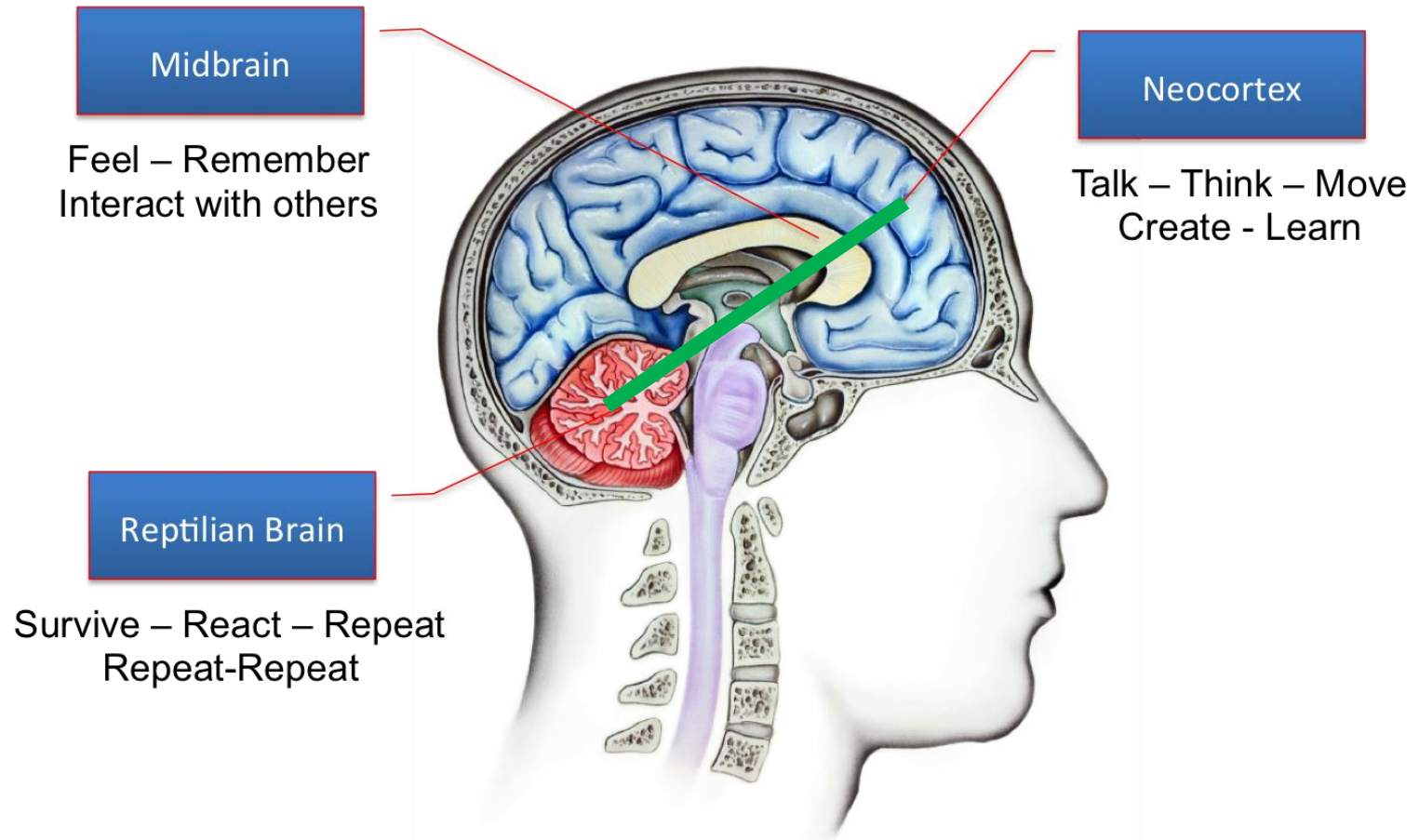
Down and dirty how-tos to increase  
your ability to hang tough.

# Making the Case for Self Care



- Caregiving often results in **chronic stress**, which comprises caregiver's physical & psychological health.
- **Depression** is one of the common negative effects of caregiving.
- **Caregiving can also be beneficial**, enabling caregivers to feel good about themselves, learn new skills, and strengthen family relationships.

# Just Think Positive?



# Stupid Human Tricks or Super Powers!!!



Breathing – yup!

inhale – exhale, repeat –

AND 2 secrets nobody ever told you

It's Science, people!

5 Breaths

# Body and Breath Connection



- Windmill
- Breaking the Chains
- Push Em Back
- Hand Shake
- Laughing Gas

# Wrap It Up



You TOO can be a professional breather!

Inhale – Exhale Deeply – Notice Space, Repeat 5 X

Day breathing – Night breathing

Just pay attention to your Breath

It provides the natural pause necessary for your primitive, middle and frontal cortex brain to work together.

# You are a Super Parent



Exercise Your Super Powers or  
Practice Your Stupid Human Tricks!

Whichever makes you laugh the most!