

My 1-Minute Self Check

1

I'M FEELING GREAT

2

I'M DOING OKAY

3

I'M STARTING TO STRUGGLE

4

I'M HAVING A HARD TIME

5

I NEED TO REACH OUT FOR SUPPORT



5 Real Life Caregiver

Resets

1

ONE MINUTE GROUNDING

FEET FLAT: ENHALE 4, HOLD 4, EXHALE 6

2

TEXT A LIFELINE

SEND "CHECK IN?" OR "THINKING OF YOU."

3

DOORWAY PAUSE

STOP, ROLL SHOULDERS, EXHALE

4

HAND TO HEART GROUNDING

SAY: "IAM SAFE AND MY CHILD IS SAFE"

5

ONE LINE JOURNAL

WRITE: "RIGHT NOW, I FEEL _____"

