Take Care of YOU!

10 Minute Stress Tamers

- Sit quietly in calm surroundings with soft lights and pleasant scents
- Aromatherapy – lavender, citrus, vanilla, cinnamon, peppermint, fresh cut grass
- Breathe deeply – rest your mind & oxygenate
- Soak - in a warm bath, or just your hands or feet
- Read - Spiritual readings, poetry, inspirational readings, or one chapter of what you like
- Laugh and smile - Watch comedians, America’s Funniest Home Videos, look at kid or animal photos
- Stretch – front to back, side to side, & across
- Garden – work with plants
- Beanbag heat therapy - Fill a sock with dry beans and sew or tie closed. Heat bag and beans in a microwave for 30 seconds at a time. Place on tight muscles and massage gently; relax for ten minutes
- Remember the good times - Record oral memories - scrapbooks, photo journals, keepsake memory picture frames
- Do a little on a favorite hobby
- Have a cup of decaffeinated tea or coffee
- Play a brain game – crosswords, jigsaws, jeopardy, jumbles
- Look through the hymnal and find a favorite – hum it all the way through
- Books on Tape - Rest your eyes and read
- Soothing sounds:
  - Music you love
  - Music especially for stress relief
  - Recorded sounds of nature
- Listen to coached relaxation recordings
- Pamper Yourself – think of what you LOVE and give yourself permission to do it for 10 minutes
- Neck rubs or back rubs – use the “just right” pressure
- Hand Massages – with lotion or without – it’s up to you...
- Take a walk
- Sit in the sun
- Rock on the porch
- Pray or read a passage from scripture
- Journal - Take the opportunity to “tell it like it is”
- Cuddle and stroke a pet
- Have that cup of coffee or tea with a special friend who listens well
- Pay attention to your personality:
  - If you rejuvenate being alone, then seek solitude
  - If you rejuvenate by being with others, seek company

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A STATE OF CARING

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