

The Caregiver's Self-Care Toolkit

Simple, Science-Backed Practices to Manage Stress with Just 15 Minutes a Day!



Between appointments, medication schedules, and the emotional demands of caring for a loved one, it can feel like there's no time left for themselves. Even when time feels short, managing stress doesn't have to take hours. With the right approach, you can reclaim peace of mind with routines that take as little as 15 minutes a day. This toolkit is designed to help you find calm, balance, and clarity—even at life's busiest.

Daily Stress Management Techniques

- **Deep Breathing & Mindfulness** — Slow, intentional breathing calms your nervous system. Try the 4-7-8 technique: inhale for 4 seconds, hold for 7, exhale for 8.
- **Movement & Stretching** — gentle stretching, yoga poses, or a short walk can release tension and boost endorphins.
- **Gratitude Journaling** — write down three things you're grateful for, or use a journaling templates in your Innerhive Care Journal to help brighten focus.
- **Disconnect from Technology** — Putting your phone and other screens aside even for 5-10 minutes is a great way to quiet your mind and reduce fatigue.
- **Guided Meditation** — Explore a free video to set the stage for a quick meditation which has been shown to lower stress and ground you when feeling overwhelmed.
- **Creative Expression** — Painting, music, or cooking can serve as powerful emotional outlets while also reminding us that life is bigger than our most stressful moments.

Building a Routine that Lasts

Pick 2 to 3 activities from the list above. Set a reminder for them each day, or add them to your *Task* page in Innerhive for easy tracking! Keep tabs on your progress (Skipped vs Completed, etc.) and even add notes on how things went to monitor their impact on your wellness and daily sentiment.

Download and print the template on the next page to help you get started!

Day	Activity 1	Activity 2	Activity 3
Sundays			
Mondays			
Tuesdays			
Wednesdays			
Thursdays			
Fridays			
Saturdays			

Common Self-Care Questions

How can caregivers manage stress when they only have a few minutes each day?

Even 5 minutes can make a difference. Deep breathing, stretching, screen breaks, or gratitude/audio journaling can reduce tension fast. For those that find space for these activities so rarely, a little goes a long way!

What’s the most effective stress relief activity for caregivers?

There’s no single best option. Stress relief is personal! The key is consistency—mix mindfulness, movement, and reflection daily for best results, and don’t force what isn’t working!

How often should caregivers practice stress management techniques?

It’s been shown that daily practices after around 2 weeks of habit building builds the best resilience and helps manage stressful caregiving moments with greater ease.

Do I need special tools or apps to manage stress?

No. Most techniques need only a quiet space and a few minutes of focus. Keeping reminders, tracking progress, and identifying trends is where an app like Innerhive can help though!

How does reducing caregiver stress improve caregiving?

When caregivers are thriving, the care they give improves too. Less stress results in more presence, patience, and peace for both parties. These healthier environments correlate with fewer hospitalizations (for recipient *and* giver) and improved care plan adherence.

Healthy caregiving starts with healthy caregivers.
Visit innerhive.com to download the Innerhive App for more tools, resources, and community.

