



FAMILY HEALTH

Recharging your Patience

When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

1. **Establish new routines** – routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
2. **Stay connected with family and friends** – the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
3. **Exercise** – find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
4. **Go outside** - studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such blowing bubbles, sidewalk chalk, or kicking a soccer ball.
5. **Adjust your expectations** – set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/ activities at this time to create expectations that work with you instead of against you.

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6. **Mindfulness** – being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
7. **Alone time** – find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
8. **Give yourself a break** - indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.
9. **'Pet your stress away'** – ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
10. **Laughter** – is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.

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