

WELLNESS KEY 2 TOOLS

Self Check-In: Your Well-Being Matters

Remember the last time you took a deep breath? **Let's take one now. Inhale deeply, hold for a moment and slowly exhale...**

1. Understand stress.

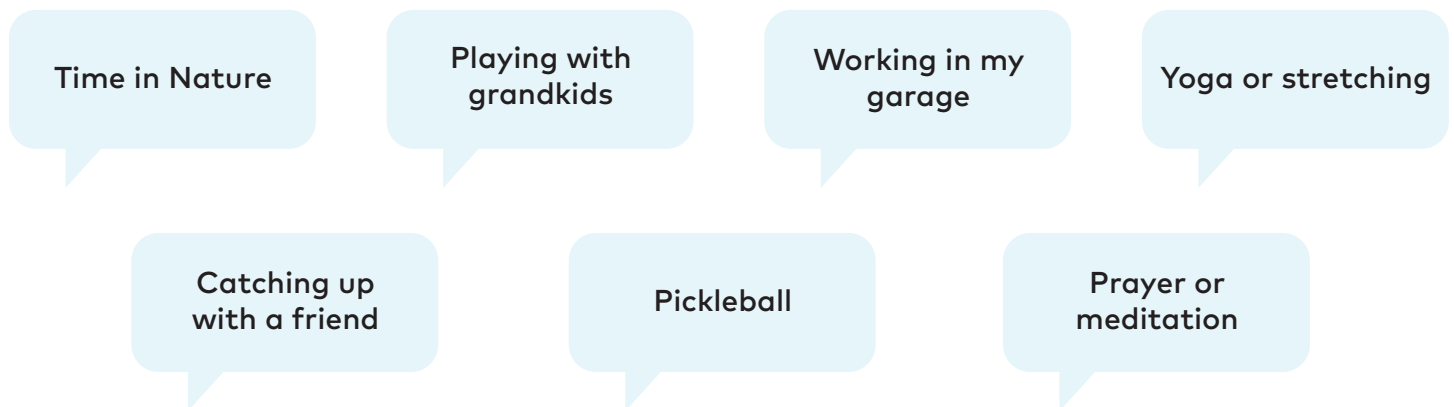
Stress is a natural response to uncertainty, conflict, health concerns or other challenging situations. Long-term stress can lead to anxiety and depression, disturb memory and sleep and impact the cardiovascular and immune systems. Care partners are vulnerable to chronic stress and burnout.

2. Take time for yourself.

Focusing on your needs and doing activities that promote health, relaxation and personal growth can help reduce stress and prevent care partner burnout. Self-care isn't just about managing stress; it's about honoring your worth and increasing your ability to support others.

3. Start the day with a reflection.

Each morning, ask yourself: **"What will strengthen, calm and inspire me?"** Make a list of activities that nourish you and help build your resilience. Below are some examples:



4. Explore mindful breathing.

Spend at least five minutes every day focusing on your breath. Notice the rise and fall of your chest as you breathe in and out. Discover more mindfulness techniques at [Parkinson.org/MindfulnessMondays](https://www.parkinson.org/MindfulnessMondays).

5. Practice gratitude.

Each day, take a moment to think or journal about a few things you're thankful for. This simple habit can help lift your mood and reduce stress, making it easier to cope with challenges.

 To print additional copies, visit [Parkinson.org/Worksheets](https://www.parkinson.org/Worksheets).