

48 Mental Breaks for Caregivers

Caregiving takes a lot of time. Even if you had spare time to daydream in the first place, it's probably gone now. However, you must give yourself a mental break once in a while. The following list is intended to make you think back to a simpler time in your past, and possible one in your future. Use them sparingly (one at a time) or be a glutton (overdose on all of them at the same time). The goal here is to make you feel better. If you really want to make yourself feel better, use this as a "to do" list. Please pass the list on to others who may need it.

- *Falling in love
- *Laughing so hard your face hurts
- *A hot shower
- *No lines at the Super Wal-Mart
- *A special glance
- *Getting mail-other than bills or junk mail
- *Taking a drive on a pretty road
- *Hearing your favorite song on the radio
- *Lying in bed listening to the rain outside
- *Hot towels out of the dryer
- *Finding the sweater, you want is on sale for half price
- *Chocolate milkshake. (or vanilla!)
- *A long-distance phone call
- *A bubble bath
- *Giggling
- *A good conversation
- *The beach
- *Finding a \$20 bill in your coat from last winter
- *Laughing at yourself
- *Midnight phone calls that last for hours
- *Running through sprinklers
- *Laughing for absolutely no reason at all
- *Having someone tell you that you're beautiful
- *Laughing at an inside joke
- *Friends
- *Accidentally overhearing someone say something nice about you
- *Waking up and realizing you still have a few hours left to sleep
- *Your first kiss
- *Making new friends or spending time with old ones
- *Playing with a new puppy
- *Having someone play with your hair
- *Sweet dreams
- *Hot chocolate
- *Road trips with friends
- *Swinging on swings
- *Wrapping presents under the Christmas tree while eating cookies and drinking eggnog
- *Song lyrics printed inside your new CD so you can sing along without feeling stupid
- *Going to a really good concert
- *Winning a really competitive game
- *Making chocolate chip cookies
- *Spending time with close friends
- *Seeing smiles and hearing laughter from those friends...
- *Holding hands with someone you care about
- *Running into an old friend and realizing that some things (good or bad) never change
- *Riding the best roller coasters over and over
- *Watching the expression on someone's face as they open a much desired present from you
- *Watching the sunrise
- *Getting out of bed every morning and thanking God for another beautiful day....

