Cup of tea

Parental Minds' Mini Moments are short practices that take just one to three minutes of your time, so that they can easily integrate into your daily routine, offering a practical way to prioritise your wellbeing amidst the demands of caregiving.

As caregivers who have navigated the challenges of supporting someone during times of crisis and overwhelm, we understand just how hard it is to find time for self-care.

While it's common to plan for self-care activities like a bath or a Pilates class at the end of the day, many of us find ourselves too exhausted or pressed for time by then.

These mini moments are intended to help you build a "wellbeing bridge" throughout your day, preventing caregiver burnout as they offer quick, yet effective ways to care for yourself, even when you're busy or supporting someone who is feeling overwhelmed.

1

Start by making yourself a hot or cold drink.

Hold it in your hands in whatever position feels most comfortable to you and close your eyes.

Concentrate on how the cup feels in your hands.

Is it heavy or light?

Is the cup smooth, or is there some texture?

How hot or cold does the drink feel through the cup?

MINI MOMENTS

7

Try this again, but now you can open your eyes. Think about how your drink looks

Is there steam or condensation?

What color is your drink? Is it deep, delicate, cloudy, clear?

7

Bring the cup closer to your face, what can you smell?

What's the first scent that greets you? Is it strong or subtle?

What can you smell? Does it remind you of a season or a memory?

What does it make you feel? Comforted or perhaps refreshed?

7

Finally, taste your drink!

What's the very first flavor you notice?

Does each sip taste the same - or is there a difference as you slow down?

What flavors linger after you swallow?

When you swallow, try following the movement of the drink passing down your throat with your hand, tracing down your neck.

By engaging multiple senses - specifically touch, sight, smell and taste - we can help prevent our minds from ruminating. Congratulations, by doing this, we've reduced our heart rate, improved our concentration, alleviated eye strain, and provided our minds with a very welcome mini-break.

