MINI MOMENTS

Name Your Moment

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

We start by looking around you at different objects, preferably ones that are in arm's reach.

Try naming the colour of each object: brown, green, blue, red

2

Let's do this again, this time reach out to those objects as you name them, again either out loud or in your mind.

As you touch each object, tune into how they feel under the palm of your hand, are they hot or cold, smooth or rough?

3

Finally, this time watch your hand as you reach out to the objects and name them as before, but this time pause and take a moment to breathe or to simply close your eyes for a moment before moving to the next object.

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4 

Open your eyes and move to your next object, again pausing and taking a moment to breathe or close your eyes.

5 

Repeat this process with at least 3 objects to complete your mini moment.

By engaging multiple senses - specifically touch and sight - and perhaps incorporating slow, deep breathing while concentrating on this "Mini Moment," 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.

