

MINI MOMENTS

Rolling Numbers

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.

Really tune into the sensation in your shoulders as you circle them.

1

Let's start by sitting or standing in a comfortable position, looking straight forward with your arms by your sides and your shoulders relaxed.

2

Let's roll our shoulders, circling forward, up, and back down to relaxed.

Now repeat that movement and repeat out loud or in your head, 1, 1, 1, as you circle forward, up and down.

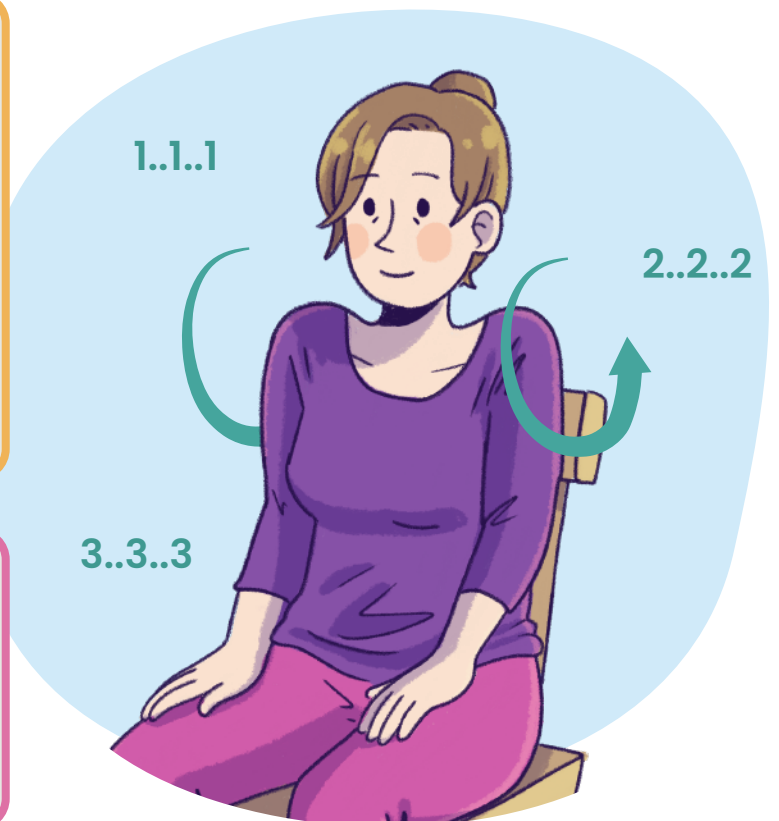
And again, as you circle, 2, 2, 2

And finally circle, 3, 3, 3.

1..1..1

2..2..2

3..3..3



3



Now shake your shoulders, arms and hands and let's do the same but circling backwards. This time maybe try closing your eyes, to really tune into the sensation in your shoulders as you circle them.

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4



Ready, back, up and down, counting 1, 1, 1.

Keeping your eyes closed, circle back, up and down counting 2, 2, 2.

And finally, back, up and down, 3, 3, 3.



If you are comfortable with regulating your breathing, you can add a deep breath after each shoulder roll.

5



Let's try to roll your shoulders forward, up and back, counting 1, 1, 1. Now take a deep breath through your nose, all the way down into your tummy, then release the air out through your nose.

6



Now shake your shoulders, arms and hands. Let's repeat that movement and repeat out loud or in your head, 2, 2, 2, as you circle forward, up and down. Deep breath through your nose, all the way down into your tummy, then release through your nose.

7



Now shake your shoulders, arms and hands and let's do the same but circling backwards, circle, 3, 3, 3. Deep breath through your nose, all the way down into your tummy, then release through your nose.

Hopefully by engaging your sense of movement, and maybe some slow breathing, you've managed to stop thinking about anything else for just a few moments.

Take a moment to check-in with how you feel. We have found that engaging 2 or more of our senses is more likely to help us concentrate on these mini moments, which reduces our heart rate, helps improve our concentration, reduces eye strain and gives our mind a very welcome mini break.