The Caregiver Stacking Card™

Care for yourself inside the care you already provide.

E. EASE THE BODY | R.E.L.I.E.F. METHOD™

Caregiving already has routines.

Instead of adding another self-care schedule to an overloaded day, stack one small action for yourself onto something you already do for the person you care for.

THEIR ROUTINE → YOUR CARE

Their morning medication	Drink a full glass of water.
Their breakfast	Put something nourishing on your plate too.
Their hygiene / getting-ready routine	Check your shoulders, jaw and breathing. Release the tension you notice.
Their quiet time, TV or nap	Take 5–10 minutes to sit, stretch, walk or step outside.
Their afternoon medication or snack	Hydrate, eat something, or take your own medication/supplements as appropriate.
Their appointment	Before leaving, ask yourself: What do I need today too?
Their stressful moment or yours	Pause for #4444 before moving to the next task.

CREATE YOUR OWN STACK

When they: _____

I will: _____

Start with ONE. Attach your care to a routine that already exists.

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A quick body check for the caregiver doing the carrying.

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THE 3-QUESTION BODY CHECK

Before automatically moving to the next caregiving task, ask:

1. What is my body asking for right now?

2. Have I eaten, hydrated, moved, rested, or taken a moment to breathe?

3. What can I give myself in the next five minutes?

And always remember to breathe.

As my good friend Lonnie Almanza says:

#4444

(Box Breathing Method)

INHALE	HOLD	EXHALE	HOLD
4	4	4	4

The caregiver's body belongs in the care plan.

E. Ease the Body • A practice from the R.E.L.I.E.F. Method™

Caregiver RELIEF Snapshot™ | Find your starting point.

Educational self-reflection tool only. Not medical, mental health, legal, financial, or diagnostic advice.