

79. Relax in a hammock.
80. Join a support group.
81. Decorate for an upcoming holiday.
82. Enjoy good Hawaiian music.
83. Bake something delicious.
84. Savor comfort or home-cooked foods.
85. Organize a cooking party with friends.
86. Enjoy a cold or hot drink slowly.
87. Sip and enjoy a glass of wine.
88. Suck on ice chips.
89. Massage your temples.
90. Rub lotion on dry skin.
91. Pick your battles wisely.
92. Set up an acupuncture appointment.
93. Do something nice for someone else.
94. Focus on relationships rather than having everything “perfect.”
95. Cry.
96. Use a calendar.
97. List troubling issues and possible solutions.
98. Get your car washed and detailed.
99. List undone tasks and cross them off as if they were done.
100. Look for images in the clouds.
101. Rake a Japanese sand garden.



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101 Ideas for Managing Caregiver Stress

Caregivers who are less stressed are happier, healthier, and better able to care for their loved ones. But many caregivers don't have the time or resources to spend on lengthy activities. This pamphlet offers 101 different ideas from local family caregivers like you. Many only take a few minutes to complete.

1. Read something enjoyable. Try shutting the door, curling up in bed, relaxing in a hammock, going to the library, sitting on the lanai, reading to a child, or reading and studying with friends.
2. Make something beautiful. You could make a lei/haku, sew something new, tie-dye old sheets or clothes, make a collage, carve a bar of soap into a figure, design a scrapbook page, create custom jewelry, fold origami, or make art from recyclables.
3. Get a little dirty with gardening or yard work projects.
4. Watch and listen to water. It could be the crashing ocean waves, falling rain, waterfalls, or fountains.
5. Watch a good movie. Choose something that makes you laugh, cry, think, or escape from real life for a couple of hours.
6. Play or learn games that keep the mind active. Try Sudoku, crossword puzzles, word searches, or charades.
7. Pamper yourself. Get a pedicure, manicure, foot or hand scrub, makeover, facial, or hand or foot reflexology.
8. Dance! Learn or practice hula, dance to favorite music, or break out in spontaneous dance with whoever is in the room.
9. Eat chocolate!
10. Plan some respite time and spend it all alone.
11. Enjoy nature. Consider a walk through a field of flowers, a run through high grass, or a walk in the rain.
12. Practice deep-breathing exercises to reduce stress.
13. Try Zumba.

14. Go on a walk.
15. Swim.
16. Yoga! Learn some simple yoga positions, get a yoga DVD, or join a class.
17. Take time for a rest, nap, or a little extra sleep.
18. Go to church, synagogue, temple, or anywhere that you can commune with nature.
19. Plan and go on a trip or vacation. It doesn't have to be long— even a day trip can be just what a caregiver needs.
20. Talk with or unload to a friend who is a good listener.
21. Listen to good, soothing music.
22. Get a massage.
23. Laugh often—consider starting a laughing group.
24. Organize! Start with a drawer or old file, sort through clothing to donate, or throw out old items you no longer need.
25. Enjoy your favorite smells. Make potpourri from flowers and herbs, smell fresh laundry from the dryer, walk by a bakery or coffee shop, or do aromatherapy.
26. Pull weeds!
27. Learn and practice Tai Chi.
28. Join a gym. Try lifting weights, doing sit-ups, or joining an exercise class such as Feldenkrais.
29. Go skating (roller, in-line, or ice skating)!
30. Visit a park. It could be state, national, or a community park.
31. Play with animals.
32. Try a new recipe.
33. Soak in a bubble bath, Jacuzzi, or regular bath.
34. Go shopping.
35. Volunteer in the community.
36. Try your hand at creative writing. There are many types— poems, songs, stories, positive messages, or journals.
37. Spend time with children, grandchildren, or old friends.
38. Plan an afternoon or evening out with friends.
39. Practice an attitude of gratitude. Express appreciation through telephone calls, email, or personal notes; reflect on the positives in your life; or view caregiving as an opportunity to spend time with your loved one.
40. Play tourist for an afternoon or evening. Take a zipline tour or attend a lu'au.
41. Spend time by the ocean.
42. Go snorkeling.
43. Walk along the beach or a stream.
44. Watch the sunset, especially at the beach.
45. Take a joyride around the island.
46. Reminisce about good times.
47. Visit elders in a nursing home, daycare center, or their homes.
48. Indulge in photography, on land or underwater.
49. Have fun with karaoke or video-oke.
50. Sing! Sing in the shower or while driving; sing along with your favorite artist or make up your own song.
51. Eat ice cream.
52. Eat shave ice.
53. Get a new haircut, color, or style.
54. Use heat or cold to soothe. Place a heated or chilled eye mask over your eyes or place a cold compress on the back of your neck.
55. Stay focused on what really matters.
56. Find humor in everyday events.
57. Move away or walk away from a stressor.
58. Keep important information in one place.
59. Enjoy the wind. Stand in the cool breeze or let the wind blow across your face.
60. Have fun with bubbles. Pop bubble wrap or blow soap bubbles.
61. Enjoy live music or theater.
62. Learn something new. Sign up for a class to learn something that has always interested you.
63. Play an interactive game with others.
64. Give away plants or food from your garden.
65. Create a personal mantra and repeat it to yourself often.
66. Cheer for a sports team.
67. Jump on a trampoline or bed.
68. Roll down a grassy slope.
69. Pick ogo at the beach.
70. Build a sandcastle.
71. Lie on the beach at night and watch the stars.
72. Play in the sprinklers.
73. Watch fish swim in an aquarium.
74. Splash water on your face.
75. Skip stones off the water.
76. Sleep until you wake up without an alarm.
77. Wear your pajamas around the house.
78. Have a “do nothing” day.