

Caregiver Mindfulness

Daily Mindfulness

Daily Mindfulness Strategy 1: Body Scan

Lay down on your back, palms facing up and legs slightly apart. Try to stay still and make any adjustments with awareness. Focus on your breath, simply observing its rhythm without trying to change it. Then, bring attention to your body, feeling the textures and temperatures of your skin and surroundings. Scan from your toes to your head slowly, noticing any tingling, soreness, or sensitivity. After the Body Scan is complete, bring your awareness back to the room when ready. Open your eyes slowly and move naturally to a comfortable sitting position.

[Click here to follow along with a body scan audio guide.](#)

Daily Mindfulness Strategy 2: FLARE

1. Feel

Find a comfortable seat and take slow, deep breaths, observing the air flowing in and out. Focus on each part of your body. **Feel** each sensation in your body—your heart rate, breath, and body temperature. Write down any questions or doubts that arise.

2. Label

For each one, **label** the sensations in your body. Do they cause stress, fear, or anxiety?

3. Allow

Allow the experience to remain as it is. Say to yourself, “It is ok to feel this way.”

4. Respond

Respond by re-focusing on your breathing. Take each breath slowly; try exhaling longer than inhaling. Reflect on the questions and doubts that enter your head and say to yourself, “I don’t know” for each. We often assume every question requires an answer. This step reminds us that we can accept unknowns and uncertainty.

5. Expand

Expand your awareness of your environment and reflect on what you have been grateful for that day. The goal of this exercise is to observe anxiety without reacting to it or judging yourself.

[Click here to download the FLARE Worksheet](#)