


Post your Recharging Strategies:

1. Click the note icon (  ) on the lefthand menu
2. Type your response and hit the "save" button

**give  
yourself  
grace**

**Commit to one  
small thing you can  
do every day. For  
me it is 10 minutes  
of yoga stretching**

**exercise to  
burn stress -  
walk, hike,  
run, kayak . . .**

**Get lost in a  
good book,  
big jigsaw  
puzzle, baking  
. . .**

**listen to  
The Moth  
podcast**

**Listening  
to music**

**Jimmy  
Buffett  
music! :)**

**yoga**


**nature walks  
or playing  
with my  
children by  
creating freely**

**Get in  
nature**

**dance  
party**

**Short guided  
meditations  
on the Calm  
app**

Post questions/approaches that you would use to help families with recharging:

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It is OK to disconnect from every for at least 5 minutes as needed (electronics/ social media)

**I'm going to pause at my visit and ask caregivers how THEY are doing? How have they taken care of themselves?**

**Ask "on a scale of 1-10, how's your recharge tank?"**

**Add recharge routine to the joint plan at the end of visits and check in on it at the beginning, just like we would do with between visit plan for child**

**What is one activity that really helps you to recharge? And how could you find time to do that?**

**Pause, take an audible deep breath, to model making space to breathe**

**share resources shared on resilience training, P2P support**

**Ask about recharge activities/routines as part of intake/family assessment.**

**Really think about that super cape and consider who might be wearing one.**