

# A Moment For Caregivers

***TAKING CARE OF YOURSELF!***





















# Breakdown...





FILL'R UP



# FILL'R UP

► ***7 Ways to Fill your Cup***



**F - Face the Music**





# Red Solo Cup ....

- ▶ I fill you up
- ▶ Let's have a party
- ▶ Let's have a party
- ▶ I love you red solo cup (what?)
- ▶ I lift you up
- ▶ Proceed to party
- ▶ Proceed to party





**I - Invest in Yourself**

# Top 3 Self-Investments

► 1 - Food



► 2 - Sleep



► 3 - Move

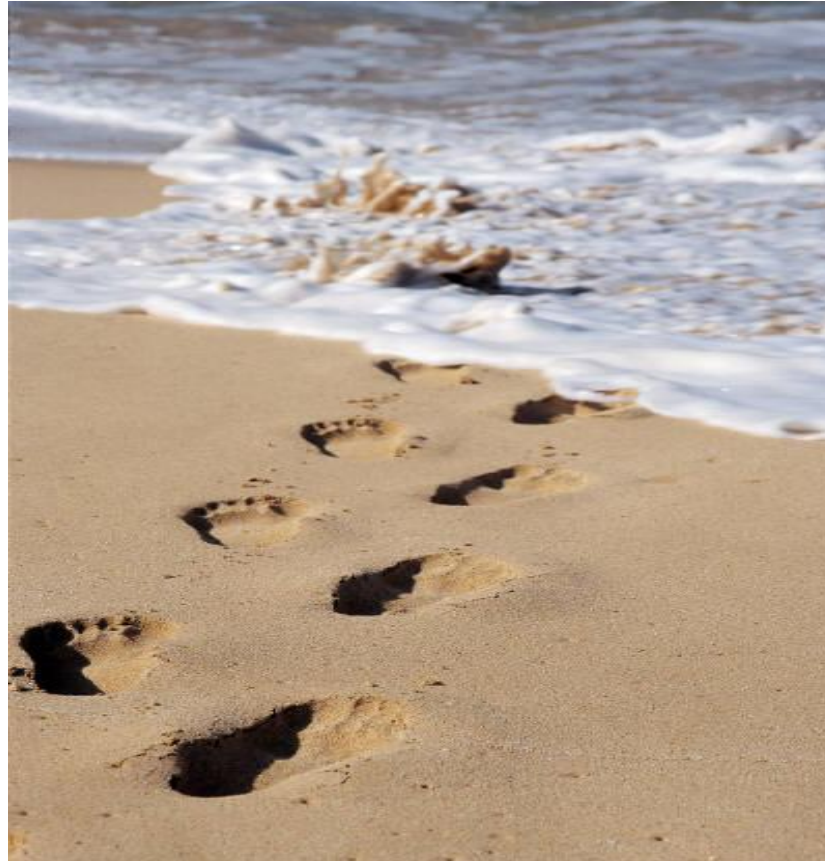




# *A couple more investment ideas...*

- ▶ *Grounding*

- ▶ *Meditation*





**L - Live in the Moment**

# *Mindfulness vs. Social Media*

Adult cell phone screen time statistics are staggering:

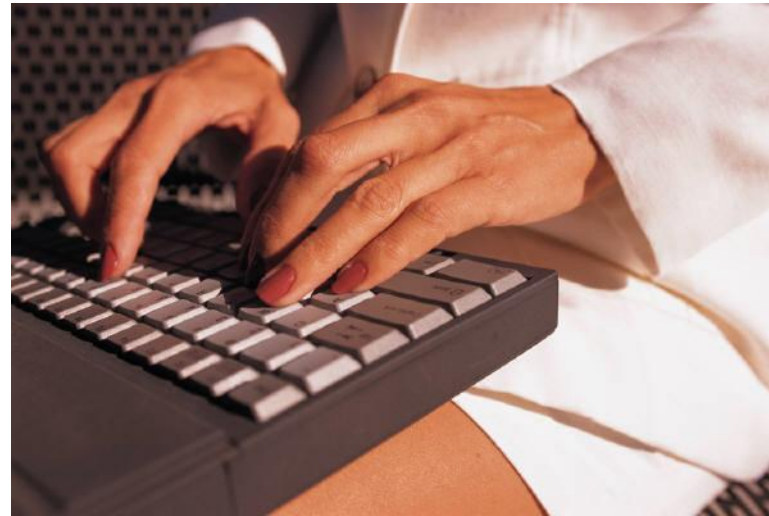
\*49 days  
\*80x/day

While teen screen time:

\*9 hrs/day=137 days

8-12 year olds:

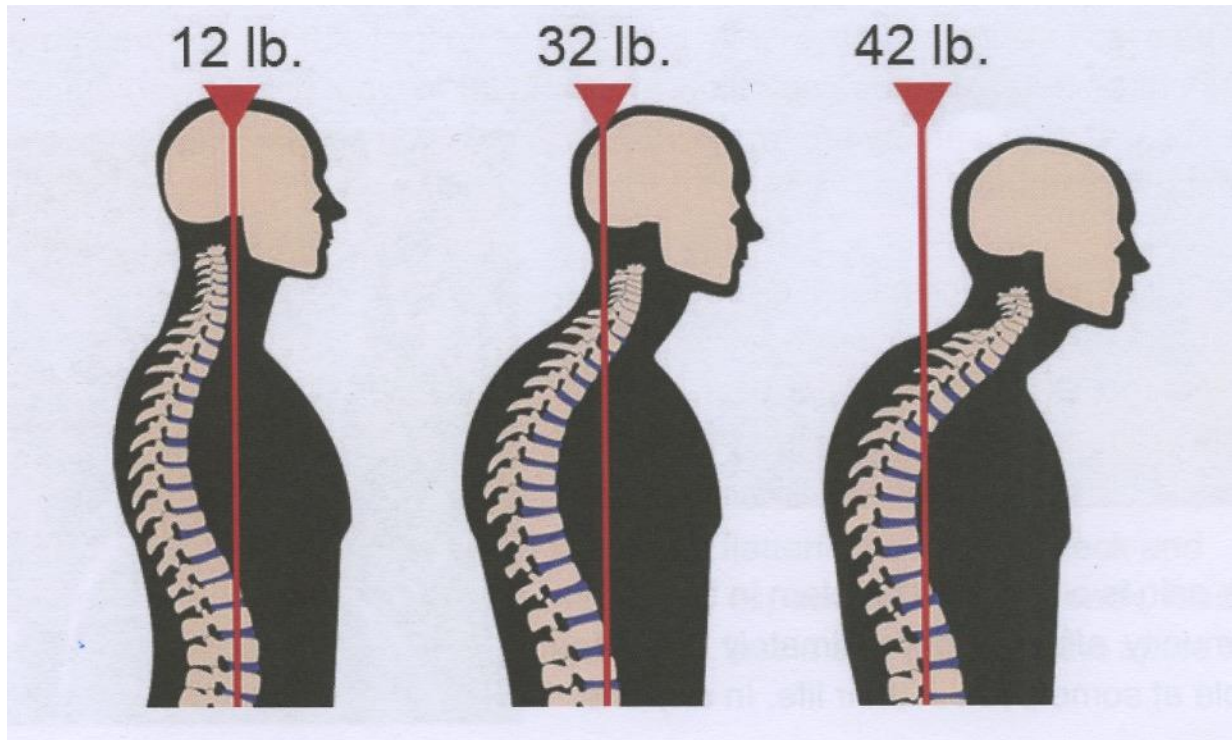
\*6 hrs/day=91 days





# Forward Head Posture Tech Neck

- ▶ 66-90% of people suffer from FHP or “tech neck”





# L - Limit Negative Influencers

# Battery chargers vs. Battery drainers







# R - Relay Reporting

*Reporting...*





U – You Matter



► *If your compassion  
does not include  
yourself, it is  
incomplete.*







**P - Perfectly Imperfect**

*YOU are a beautiful creation*

*Perfectly imperfect*  
*A work in progress*

*You have everything you need*  
*To fulfill your purpose*

*Don't dilute yourself for*  
*Any person or any reason*

*You are enough*  
*Be unapologetically you!*

by Dr. Steve Maraboli

# FILL'R UP

- ▶ F - Face the Music
- ▶ I - Invest in Yourself
- ▶ L - Live in the Moment
- ▶ L - Limit Negative Influencers
- ▶ R - Relay Reporting
- ▶ U - You Matter
- ▶ P - Perfectly Imperfect



# Comments and Questions