



Creating Your Own Relaxing Space At Home



Being a caregiver can be challenging, and finding time for yourself is often tough. We've heard from many caregivers who feel they can't leave the house because there's no one to care for their loved ones. This is why creating a personal relaxation space at home is so important. When your surroundings are chaotic, it can be difficult to quiet your mind. This cozy spot helps you unwind and regain a sense of control. You deserve a space that brings you peace and joy, and this worksheet will help you create that sanctuary.



Location

Select a quiet area in your home where you can create your relaxation space.

Room/Specific Spot: _____



Purpose

What do you want to achieve? (e.g., relaxation, mindfulness, creative activities)



Setup

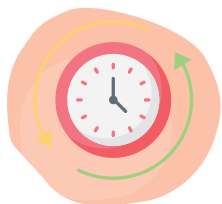
Consider the following elements to enhance your relaxation space:

- Seating (e.g., cushion, chair, floor mat): _____
- Lighting (e.g., soft lamps, candles, natural light): _____
- Decor (e.g., plants, art, calming colors): _____
- Sound (e.g., soft music, nature sounds, silence): _____
- Scent (e.g., essential oils, incense, candles): _____



Personal Touches

Reflect on any personal items that bring you joy or peace to add to your sanctuary (e.g., books, photos, blankets)



Routine

Establish a routine for using your relaxation space:

- Frequency (e.g., daily, weekly): _____
- Duration (e.g., 5 minutes, 1 hour): _____



Reflection

- How did I feel? _____

- What helped me relax? _____
