

THE CAREGIVER RESET GUIDE



Simple Ways to Reduce Stress and Feel More Like Yourself Again

By Sonya Hylick
www.JustForCaregivers.com
Author of “The Integrative Caregiver” Book Series

INTRODUCTION



You spend your days taking care of others.

Managing their needs, their health, their emotions—while quietly carrying your own.

And somewhere along the way, you may have started to feel exhausted... overwhelmed... and stretched thin.

This guide is here to help you pause, reset, and begin taking care of yourself again—without guilt.

**You don't have to do everything today.
You just need a place to start.**

THE 4 PILLARS

The Integrative Caregiver Approach:

Real support comes from caring for your whole self—not just pushing through. True support means giving your whole self a bear hug with a smile, not just charging through your day like a runaway freight train!

Mind

- Learn how to manage stress and create moments of mental clarity
- Explore ways to effectively handle stress while fostering moments of clear thinking.

Body

- Support your energy with simple movement and nourishment
- Prioritize gentle exercises that invigorate without overwhelming, such as walking, stretching, or yoga. These activities can enhance your physical resilience and improve your overall well-being.

Balance

- Create realistic routines, so you don't constantly run on empty
- Craft routines that are as realistic as your morning coffee, so you're not perpetually running on fumes!

REST

- Quality sleep restores your body and mind so you have the energy, patience, and focus to show up fully for the person you care for. When you're well-rested, it's easier to think clearly, make safer decisions, and manage stress, which protects both your health and the quality of your care.

3 SIMPLE RESETS

Start Here: Small Changes That Make a Difference

1. The 5-Minute Pause

Sit quietly and breathe—no phone, no distractions

2. Gentle Movement

Stretch or walk for 5–10 minutes

3. Let One Thing Be “Good Enough.”

Release the pressure to do everything perfectly



This is just a starting point—not a perfect routine.

DAILY RESET ROUTINE

A Simple Daily Reset



You don't need hours—you just need moments.

Morning:

Take 3 slow breaths before starting your day

Midday:

Pause for 2–5 minutes

Evening:

Reflect on one thing you did well

Ready for a Guided Reset?

This guide is just the beginning

If you're ready for deeper support, the 30-Day Caregiver Reset Program will guide you step-by-step—helping you reduce stress, regain balance, and feel more like yourself again.

You don't have to figure this out on your own.

Daily guidance

Simple, realistic steps

Built for a caregiver, by a caregiver

Designed for caregivers with no extra time



Instant access. Start today

IN CLOSING



The Integrative Caregiver

You are doing more than most people will ever understand.

- And you deserve support too.
- This is your reminder:

Start Your Reset >