



# Caregivers Resource Center (CRC) at MAC

*Technology Choices to help Seniors & Caregivers*  
February 10, 2021

## Stress & Your 10-20-30 Minute List



Did you make a New Year's Resolution to relieve some of the Stress in your life for 2021? Did

you start some new habits? Are they fruitful and alive and even becoming stronger? No... Well, let's look at a simple method to start some 10-20-30 minute stress relievers!

I'll tell you about this topic, I like to sew and in my library is a book called "10-20-30 Minutes to Sew" and just like other goals in our lives, planning for those small bits of time adds up to great strides when they are added up. Are you

**Planning to Succeed?** You don't need anything fancy; a tablet, post-it, journal book or even a list on your phone or computer.



Whatever works

for you! Now why am I writing a list? Don't I know what will give me pleasure and ease my muscles for a few minutes? Do you really remember from memory your "fun" things when you are at the end of the day (or those odd moments of quiet during the day)? I know my mind seems flat when I try to think of those wonderful creative activities that refresh

me when the time comes and I am really tired.

Here might be some of the starter ideas when time is limited:

Listen to a favorite song or series by a favorite musician



Find your old photo albums and let your mind wander to some good ole days.

Find some old poems that just refresh your heart.

FaceTime, Zoom, or whatever is your favorite internet face calling with a loved one or a friend who lives far away.

Step out on your porch and smell the fresh air (especially if you have been inside all day!)

Look at a magazine and read some articles.



Write a letter – remember that? We used to do it all the time.

And don't forget to journal and write down what you are thankful for – there are always a few gems somewhere in your day.

Go online to your virtual library with your local library card and check out a virtual book – audio book – video and enjoy on your computer, tablet, or phone. I think the phone screen is a little small for my eyes, but an audio book is perfect on that platform.



Go online and find zoos and watch the animals – yes! – they have real time cameras and

you can see them!

Plan your next day out!

Make a list of “**to-do’s**” **around the house**. Lightbulb needs replacing, and all those other pesky small chores that you need a bit of help with. When that next person comes over and says, “is

there anything I can do to help?” You will have your list! Keep it handy too.

Call someone who needs cheering up! It always makes us feel better to cheer someone else up!

Here is a favorite of mine – when you have a few minutes, think about those things that you can't do anymore or your loved one can't do anymore and make a list. When you have a few minutes give me a call and we can chat about what might be possible. We can even talk about some of the funding options – there aren't many, but some might be helpful. Did you know there are portable ramps for free loan from a state agency? Hidden surprises! Just ask! (PS Did you figure out that was a plug for what I do here at MAC?)

Do you have an idea to share? Please send me your favorites. I love mail!

Till next week...

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If you have suggestions for upcoming newsletter topics, problems you are experiencing, please call or send me an email. I love challenges!

Give us a call or email and we will be glad to answer questions about the resources we have. **Please call** and ask at 410-742-0505, ext. 118 – Cindy Robinson

**Or, email** Janet Parke at [jparke@macinc.org](mailto:jparke@macinc.org)

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With over 25 years of Technology Experience for people with limitations  
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