

## Ideas to Regulate Emotions and Manage Compassion Fatigue When You're Short on Time

When you have 1 minute:

- Inhale for a count of 5, hold for a count of 5, exhale for a count of 10. Repeat at least 3 times.
- Smell a favorite scent
- Take a few drinks of water
- Think of one thing that made you happy today
- Ask for a hug
- Tell someone how you are feeling
- \_\_\_\_\_
- \_\_\_\_\_

When you have 5 minutes:

- Listen to a favorite song
- Use an app like Headspace or Calm for a quick meditation
- Stretch your neck and shoulders
- Give yourself a hand or temple massage or use a neck massager
- Make a cup of tea or coffee
- Practice progressive muscle relaxation
- Practice an active calming strategy, such as shaking out feelings
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- \_\_\_\_\_

When you have 15 minutes:

- Take a shower
- Write down how you are feeling and why or make a gratitude list
- Listen to music and sing or dance along
- Have a snack
- Go for a short walk/run
- Draw or color
- Follow a guided meditation using an app or YouTube
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- \_\_\_\_\_

When you have 30 minutes:

- Take a bath
- Watch an episode of your favorite show
- Read a chapter of a book or listen to a podcast or audiobook
- Flip through a magazine
- Call a friend
- Write a letter to a loved one
- Do yoga or exercise
- Soak your feet in hot water with Epsom salts or essential oils
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- \_\_\_\_\_

When you have 1 hour:

- Meet a friend for lunch or coffee
- Get a personal care treatment, such as a massage or facial
- Watch a favorite movie
- Take a nap
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