



A FIVE-DAY GUIDE FOR CAREGIVERS

Five ways to care for yourself

Small, doable ways to give some of that care back to yourself.

FROM THE AMAZON #1 BESTSELLING AUTHOR

Melody Vachal

Master Certified Health and Wellness Coach
Speech-Language Pathologist



Before you begin

For more than two decades I balanced my career as a Speech-Language Pathologist with caring for my son and my elderly father. Then, following an accident, my world shifted and I found myself on the receiving end of care.

I learned both sides of this. And the thing I got wrong for years was assuming that caring for myself was something I would get to later, once everything settled down. It never settled down.

Your thread in the tapestry is just as vital.

What follows are five practices drawn from my own guided meditation for caregivers. None of them requires an hour, a quiet house, or a free weekend. They are built for the schedule you actually have.

HOW TO USE THIS

Take one a day for five days. Read the page, try the one small thing, and sit with the question if you have a moment. If a day gets away from you, pick it up the next. There is no falling behind here.

DAYS ONE TO THREE

DAY ONE

Enhancing focus and clarity through guided meditation

Caregiving scatters your attention across a dozen people at once. A few guided minutes give your mind a single thing to hold, and clarity tends to follow.

☐ TRY THIS

Set a timer for five minutes and listen to a guided meditation — mine is on melodyvachal.com under Audio Resources.

ASK YOURSELF · When during the day is my attention most scattered, and what would five quiet minutes there change?

DAY TWO

Controlled mindful breathing

Breath is the one part of the nervous system you can reach directly, and it is available in a waiting room, a car, or a hallway outside someone's door.

☐ TRY THIS

The next time you reach for a door handle, take three slow breaths before you turn it.

ASK YOURSELF · Where do I already pause during the day? Could that pause become three slow breaths?

DAY THREE

Create an attitude focused on gratitude

Gratitude is not pretending the hard parts are not hard. It is refusing to let them be the only thing that gets recorded.

☐ TRY THIS

Write down one thing that went right today. One line is enough.

ASK YOURSELF · What went right today that I have not said out loud to anyone?

DAY FOUR

Build resilience through kindness

Resilience is rarely built alone. Kindness offered and kindness accepted both do the work, and most caregivers are far better at the first than the second.

☐ TRY THIS

Say yes to one offer of help this week, even a small one, even if you could manage without it.

ASK YOURSELF · *Who has offered help I turned down, and what would it take to say yes next time?*

DAY FIVE

Respond to yourself when you are drained

You already know how to notice when someone you love is depleted, and what to say to them. That same attention, turned inward, counts as care.

☐ TRY THIS

Notice one thing you say to yourself on a hard day, and rewrite it the way you would say it to a friend.

ASK YOURSELF · *What do I say to myself on an empty day? Would I say it to someone I love?*

IF YOU ONLY REMEMBER ONE THING

None of this asks you to care less for the person who needs you. It asks you to stay standing long enough to keep doing it.

— — — cut along the dotted line and keep this somewhere you will see it — — —

Five ways to care for yourself

Melody Vachal · melodyvachal.com

01 Five quiet minutes

Guided meditation, for focus and clarity.

02 Three slow breaths

Before you open the door.

03 One thing that went right

Written down, one line.

04 Say yes to one offer

Kindness accepted counts too.

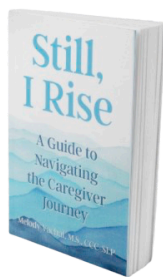
05 Speak to yourself kindly

The way you would to someone you love.

Your thread in the tapestry is just as vital.

Melody Vachal

Print this page, or keep it on your phone. The point is not to do all five well. The point is to do one of them at all.



If you want the whole road

Still, I Rise: A Guide to Navigating the Caregiver Journey is the long version of this — my story from both sides, practical advice, journal prompts in every chapter, and self-care tools that survive a caregiver's actual schedule.

[Find the book on Amazon](#)

FOR ORGANIZATIONS AND EVENT PLANNERS

With 7 in 10 family caregivers holding down a job, chances are your team is carrying care at home. I speak to organizations about what that costs and what actually helps.

[Check availability at melodyvachal.com](https://melodyvachal.com)

STAY IN TOUCH

I send occasional notes for caregivers — no noise, no daily email. You can subscribe at melodyvachal.com.

PASS IT ON

If someone you know is carrying care right now, send them this guide. It is free, and it is theirs to keep.