

Take a moment to be mindful



Our vision in everything we do is to convey a shared value of **compassion**, a commitment to **excellence**, open communications, **motivation** to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's **The Caraday Way!**

As we age, our bodies change—but caring for our emotional and mental health is just as important. Mindfulness is a simple practice that can help older adults feel calmer, think more clearly, and enjoy better sleep. Studies show that regular mindfulness can reduce stress, sharpen focus, and create a greater sense of peace.

At its core, mindfulness means paying attention to the present moment instead of dwelling on the past or worrying about the future. The good news is, it doesn't have to be complicated or time-consuming. Even a few minutes a day can make a difference. Try starting with these easy practices:

Mindful Breathing

Sit or lie in a comfortable spot and notice your breath. Inhale slowly, exhale gently, and bring your attention to how your body feels. When thoughts or tension arise, acknowledge them and let them go.

Mindful Movement

Gentle yoga is especially helpful for older adults. It improves flexibility, balance, and body awareness while encouraging you to listen to your thoughts and feelings. Yoga also deepens your connection with your surroundings and your community.

Tips for Success

- **Start small.** Set a short time limit, like 5–10 minutes, and increase gradually.
- **Find your quiet place.** Choose a space at home, outdoors, or even at the library where you won't be interrupted.
- **Give yourself grace.** It's normal for your mind to wander. Simply notice it, refocus, and return to the present.

Mindfulness is a skill that improves with practice. A few minutes each day can bring lasting benefits—body, mind, and spirit.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com