



Five-Minute Reset: A Quick Break You Can Actually Take

Caregiving days can get busy fast, and long breaks aren't always possible. That's why a five-minute reset can make such a difference. It's a tiny pause that helps you catch your breath, clear your mind, and feel a little more grounded.

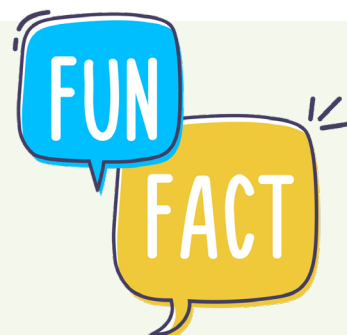
Here are a few easy five-minute resets you can try:

- **Stretch it out.** A few slow stretches can loosen tight muscles and wake up your body.
- **Step outside.** Fresh air, even for a minute or two, can lift your mood and reset your energy.
- **Sip something warm.** Tea, coffee, or hot cocoa gives you a moment to slow down and enjoy something comforting.
- **Do a quick brain boost.** A word game, a puzzle book, or a few pieces of a jigsaw puzzle can give your mind a fun break.
- **Take five deep breaths.** It's simple, but it helps your body relax and your thoughts settle.

Five minutes may not sound like much, but these tiny resets can help you feel more steady and supported throughout the day. And you deserve that.

“Caregiving often calls us to lean into love we didn't know possible.”

– Tia Walker



Washington Apples



Washington grows most of the apples in the entire country — including more than 90% of all organic apples.

Apples are rich in antioxidants that help reduce inflammation, high in fiber for gut health, and contain flavonoids like fisetin that may support memory.

If you took all the apples Washington will grow in 2025 (142 million 40lb boxes) and divided them among the state's family caregivers, each caregiver would end up with about 9,600 apples.

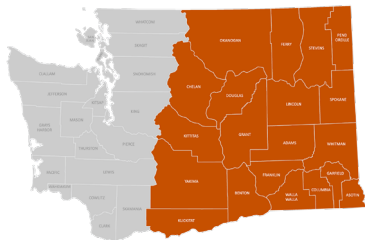
An average apple weighs about the same as a TV remote, and the average person eats about 17 pounds of apples a year.



Looking for support on your caregiver journey?

Whether you have questions related to getting your certification, want help finding a new job, or anything in between you can reach out to a DSHS LTC Workforce Navigator. Or do you know someone who is interested in getting started as a caregiver? Send them our way!

Central and Eastern Washington



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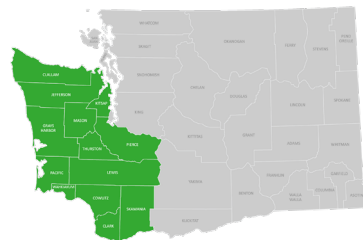
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National Puzzle Day January 29

Every year, National Puzzle Day reminds us how fun it can be to keep our brains active. Jigsaw puzzles, word games, and puzzle books give our minds a great workout, and doing them regularly can boost memory and problem solving. They're an easy, feel-good activity to share and a simple way to support wellbeing for you and the person you care for each day.

- [Free Caregivers Appreciation Word Search](#)
- [Printable Puzzles](#)



Resources to Bookmark

[Consumer Direct Care Network Washington](#)
866-214-9899 or Text: 877-532-8568
InfoCDWA@ConsumerDirectCare.com

[HCA Certification](#)
360-236-4700
or hmc creview@doh.wa.gov

[HCA Exam Information Prometric](#)
1-800-324-4689

[HCA Renewal information](#)

[NAC Certification](#)
360-236-4700

[NAC Renewal information](#)

[SEIU775 Union Members](#)
1-866-371-3200
or mrc@myseiubenefits.org

[Report Concerns Involving Vulnerable Adults](#)