



April is Stress Awareness Month, and this edition is all about you. Caregiving is meaningful work, but it can also be demanding, emotional, and fast paced. You give so much of yourself to others.

The Power of Music

Caregivers carry a lot. Stress can build without you noticing. Music is one of the easiest ways to give your mind a break. A good song can calm your breathing, loosen your shoulders, or lift your mood for a moment.

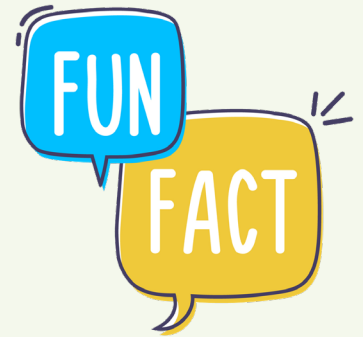
You do not need a long playlist or special setup. Pick one song you enjoy. Play it in the car, on your break, or while you get ready for work. Let the sound do the work. Let it remind you that you are more than your to-do list.

Simple ways to use music for stress relief:

- Play a favorite song before your shift.
- Keep a short playlist for tough moments.
- Hum or sing to slow your breathing.
- Use one song as your reset when the day feels heavy.
- Pick a song you and your client can enjoy together.

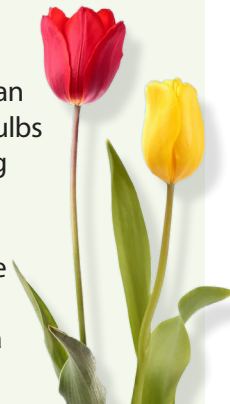
“With the new day comes new strength and new thoughts.”

– Eleanor Roosevelt



A Bright Spring Boost

Skagit Valley harvests more than 20 million tulip bulbs each year, making it the biggest producer in the country. Even one bright bloom can give your mood a tiny lift.



More Light Each Day

Washington gains almost three extra minutes of daylight each day in spring. More light can help your body feel more awake and steady. Even a quick step outside can give you a small reset.

Bird Songs Lift Caregivers

Washington is home to 500+ bird species, and spring brings a burst of birdsong. Just a few minutes of those sounds can help lower stress.



Sunshine Therapy

Spring brings more light, and even a little sunshine can help you feel better. Natural light can lift your mood, give you a small energy boost, and help your body feel more awake. You do not need a long break to feel the difference. A minute or two is enough.

Try stepping outside while you wait for a ride. Sit near a window during your break. Open the curtains when you start your shift. Take one slow breath in the sun before you head back inside. These tiny moments remind your body that you matter too.

You give a lot of care every day. Let the sunshine care for you a little.

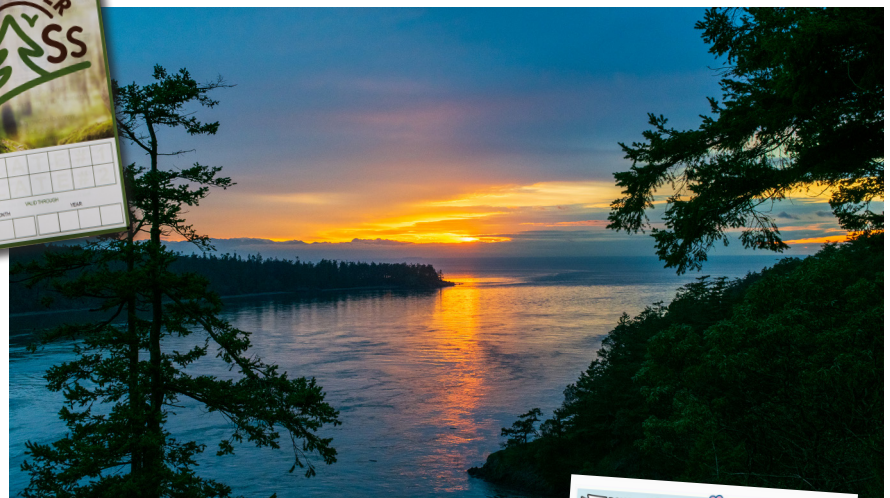


No Discover Pass Needed Days

On free days, you don't need a Discover Pass to park at Washington state parks or on lands managed by DNR or Fish & Wildlife. If you're heading to a Sno-Park, you'll still need a Sno-Park permit. For full details visit Parks.wa.gov.

Each free day is tied to a special date and it's a great excuse to get outside, breathe a little deeper, and enjoy nature with friends, family, or a quiet moment to yourself.

- Wednesday, April 22 – Earth Day
- Saturday and Sunday, June 6-7 – Free Fishing Weekend
- Friday, June 19 – Juneteenth
- Sunday, Aug. 9 – Smokey Bear's Birthday
- Saturday, Sept. 26 – National Public Lands Day
- Saturday, Oct. 10 – World Mental Health Day
- Wednesday, Nov. 11 – Veterans Day



Have a great strategy or personal experience to share?

Send us your tips and stories to be featured in *Caregivers in Action!*

Email: [Caregiver Careers](mailto:Caregiver_Careers)

