

## Activity 2—10 in 10

Connecting with your significant other, friend, or family member can provide important time for yourself and your relationships. Caregivers often put themselves last on the list of things to do, and the result can be tired, isolated caregivers. Giving yourself even 10 minutes of time with the people important to you can rejuvenate you and your relationships, keeping both strong and lively.

Use this activity to brainstorm 10 ideas that you can start or do in 10 minutes with the people important to you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Here are some ideas to jump start your list:

- A quick phone call to catch up
- A coffee break in the backyard
- Starting/making dinner together
- Sending an e-mail update to reconnect with old friends
- Getting an ice cream cone
- Taking the dog for a walk