

Simple and Engaging Ways to Balance Stress in Dementia Care



Familiarity

Create Stress-Balancing Moments

What is familiar, predictable, ego-safe and provides your teammate with a sense of control?



Predictability

Breathing / Singing

Singing slows breathing and creates calm and connection



Ego-Safety

Physical Activity

Movement helps release built-up stress and restore calm.



Sense of Control

Relaxing Time

Slow down together.



Florence Tylou

07508 754375 | info@dementia-partnered-care.co.uk | www.dementia-partnered-care.co.uk

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