



Tan Tock Seng  
HOSPITAL  
National Healthcare Group

# Carer X 365



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PHYSIOTHERAPY DEPARTMENT  
TAN TOCK SENG HOSPITAL

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# What is Carer 365?

Care giving is the activity or profession of regularly looking after a child, elderly, disabled person or someone who is sick. During a patient's hospital stay, a whole team of healthcare professionals is required to provide for his best care. Following discharge, this delivery of care is entrusted upon the loved ones of the patient. We understand that care giving can sometimes be physically and mentally challenging. In the midst of ensuring the best care for their loved ones, caregivers may sometimes neglect their own needs,

Carer 365 was created to remind our caregivers to take care of their physical, emotional and mental well-being. We hope that the contents of this booklet will be able to provide you with some useful tips on how to care for yourself while caring for your loved one.

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# Benefits of Exercise on Mental Health

Reduces levels of stress hormones such as adrenaline, noradrenaline and cortisol



Stimulates production of endorphins, which are the body's natural painkillers and mood lifters

Better self confidence, strength and stamina



# Recommended Exercise Guidelines for Mental Health

Frequency: **3-5 days per week**

Intensity: **Light to Moderate**



Light: 3 mRPE OR able to talk and sing

Moderate: 5-6 mRPE OR able to talk but unable to sing

Duration: **30 to 60 minutes per session**  
(benefits peak at 45 minutes)

Types:

- 1. Team Sports e.g. tennis, badminton, soccer, etc**
- 2. Sofa workout**
- 3. Household chores**



Reference:

1. Chekroud, S. R., Gueorguieva, R., Zheutlin, A. B., Paulus, M., Krumholz, H. M., Krystal, J. H., & Chekroud, A. M. (2018). Association between physical exercise and mental health in 1·2 million individuals in the USA between 2011 and 2015: a cross-sectional study. *The Lancet Psychiatry*, 5(9), 739-746.

# Workout Videos



## Household Chores Workout



Finding a way to squeeze a workout into your busy daily routine? Scan the QR code to learn how to turn your household chores into a simple workout!



## Sofa Workout<sup>1</sup>



You don't need to go out of your way to exercise. Scan the QR code to learn how to turn your humble couch into a workout bench with this set of easy home exercise!



# Proper Lifting

## Do's



Know or test the object weight



Keep object close to your body



Get help for heavy loads



Keep wide stance for balance



Pivot your feet to avoid twisting

## Dont's



Hold your breath



Bend/twist your back



Obstruct vision



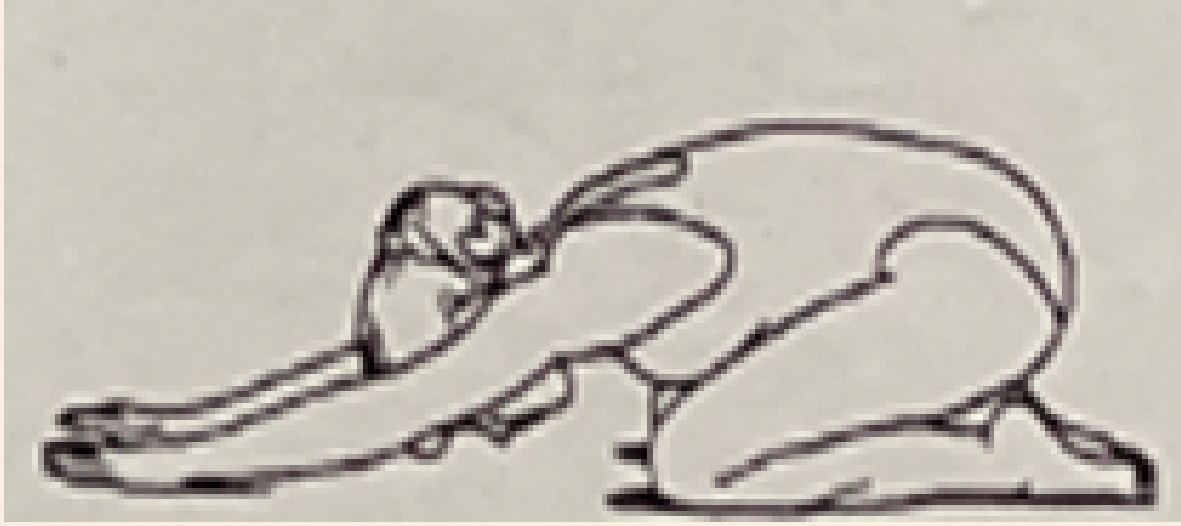
Pull the load if you can push



Jerk/Lift it quickly

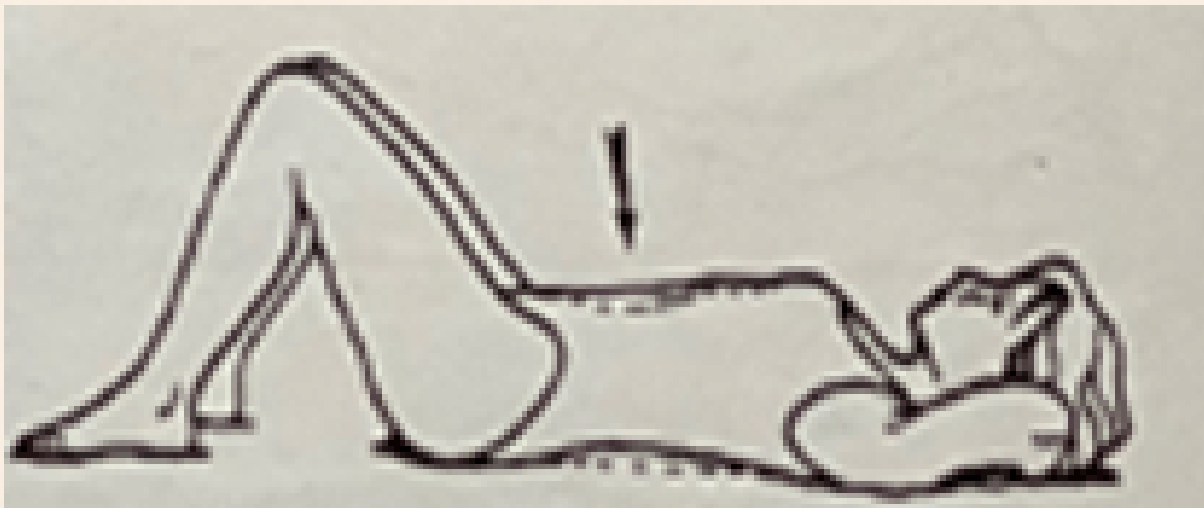


# Back Exercises



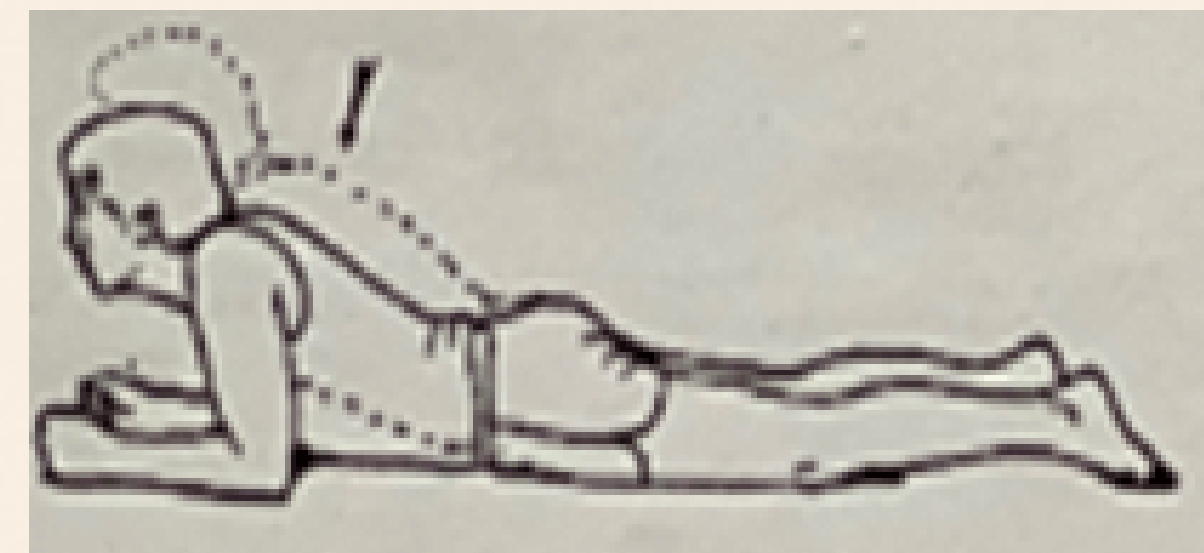
## Mid Back Stretch

Start in a kneeling position with your buttocks resting on your feet. Bring your chest down to your knees and slowly stretch your arms forward.



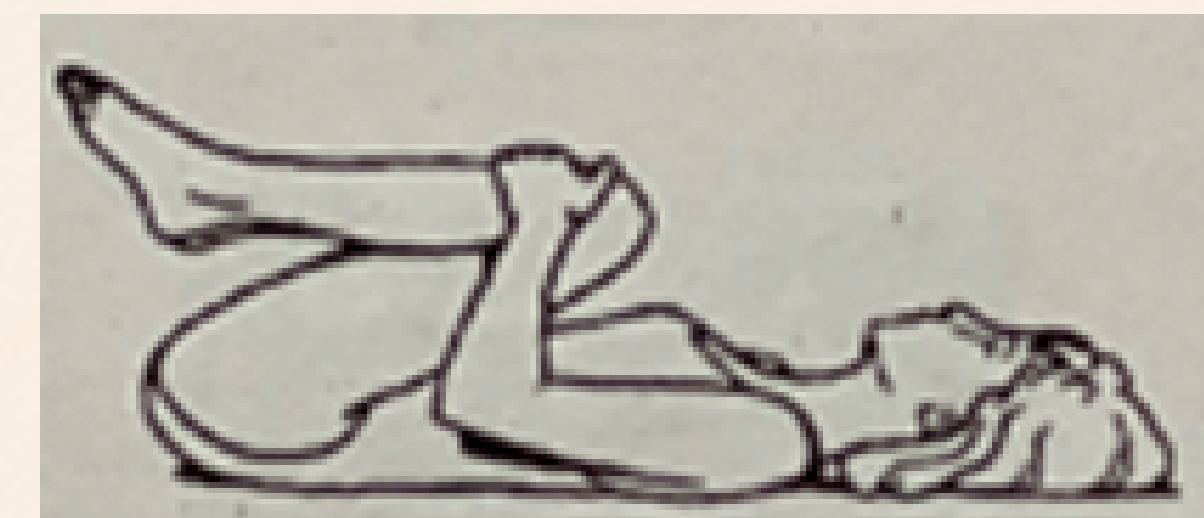
## Pelvic Tilt

Lie on your back with your knees bent. Flatten your back by tightening stomach muscles and buttocks.



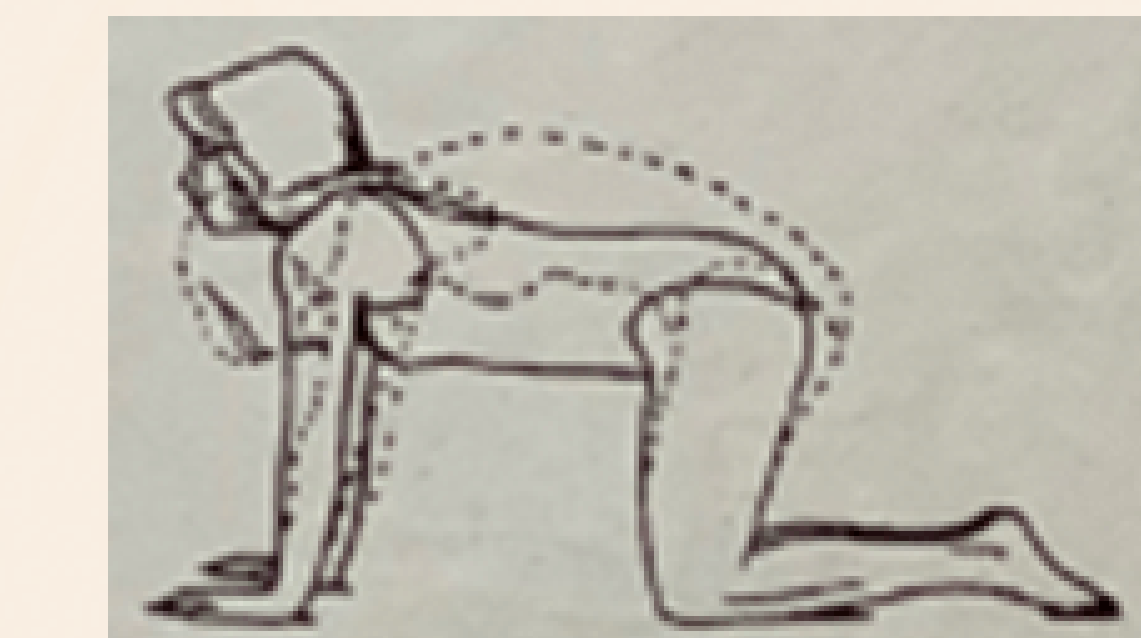
## Back Extension

Lie on your stomach. Lift your upper body up with your elbows. Keep your hips in contact with the bed/mat and your lower back relaxed.



## Trunk Flexion

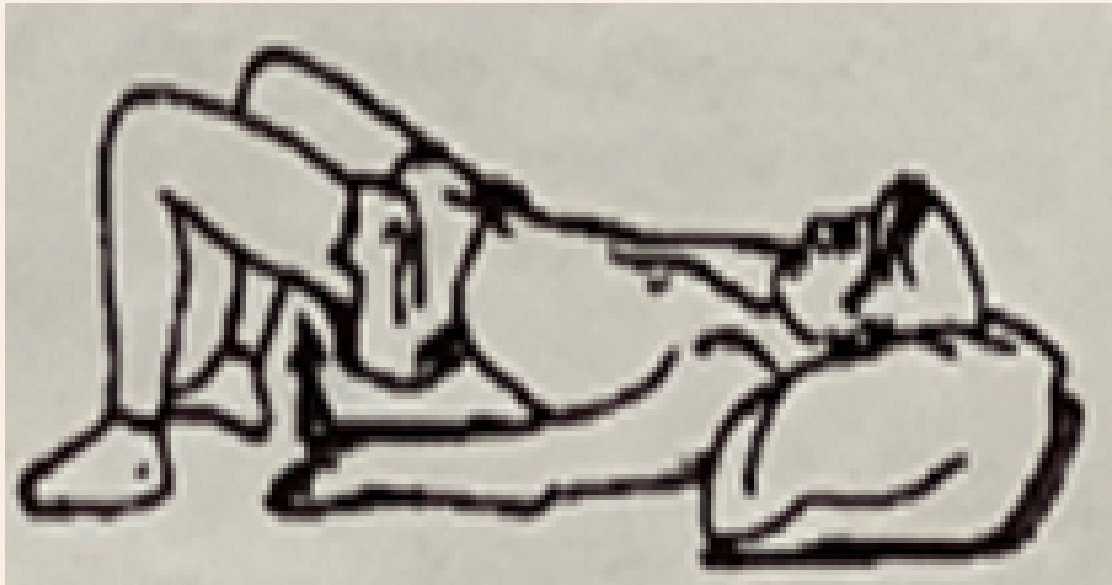
Relax your back and pull both knees towards the chest until a comfortable stretch on lower back is felt.



## Angry Cat Stretch

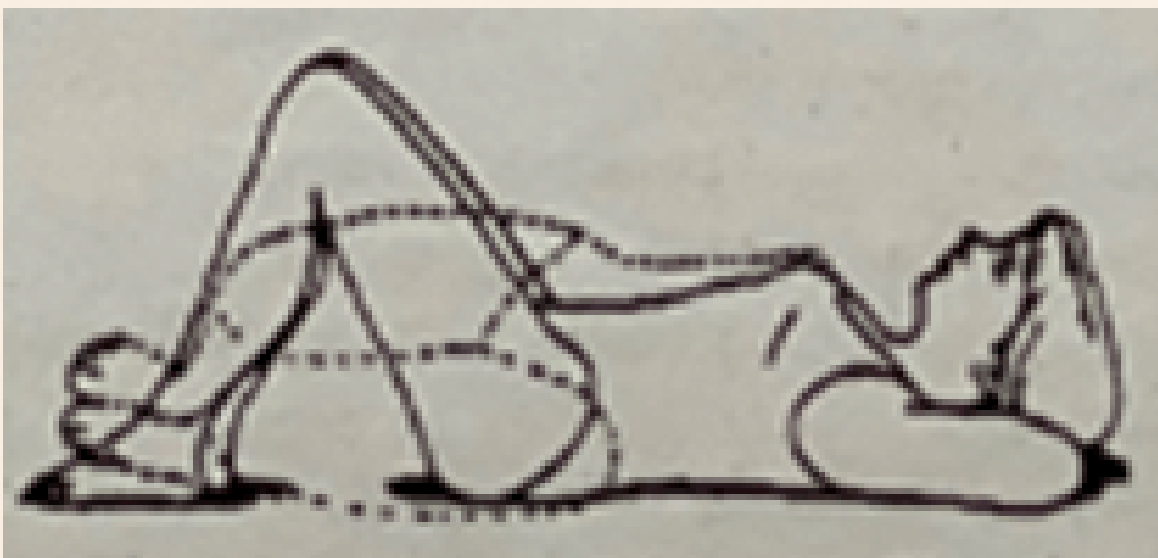
Kneel on your hands and knees as shown in the picture. Tuck your chin slightly and tighten your stomach to arch back.

# Back Exercises



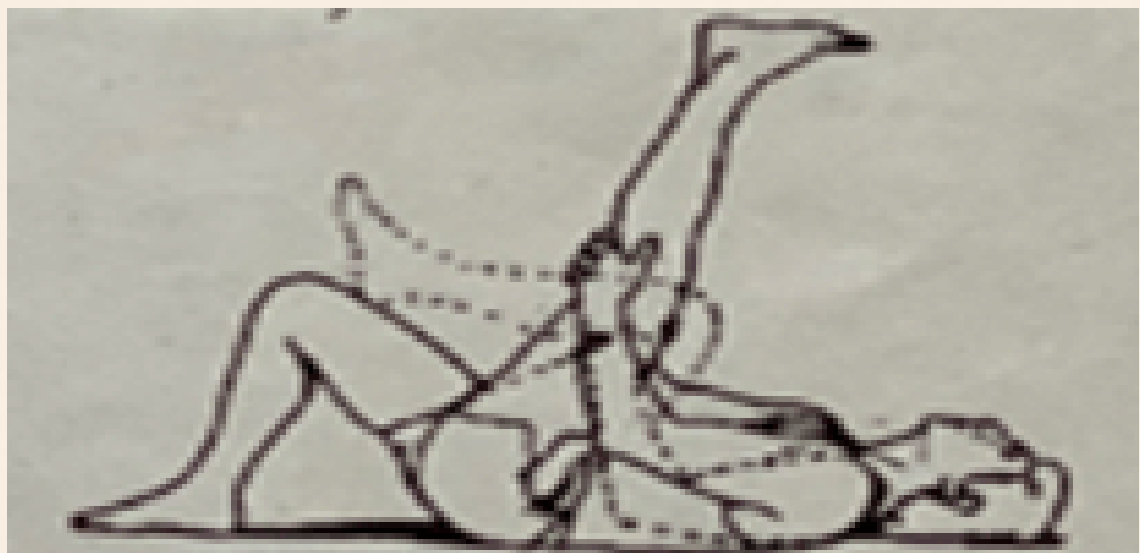
## **Bridging**

Lie on your back with your knees bent, and feet flat on the bed/mat. Squeeze your buttocks and lift your hips off the floor.



## **Trunk Rotation**

Lie on your back. Bend your knees and flatten your back. Keep your knees together and roll them to the side, followed by your pelvis. Keep your shoulders flat on the mat.



## **Hamstring Stretch**

Straighten knee until a comfortable stretch is felt in the back of the thigh.



## **Abdominal Crunches**

Lie on your back, keep your feet flat on the bed/mat. Tilt your pelvis to flatten back. Raise your shoulders and head, and lift your upper body from the bed/mat.

# Sleep Hygiene

Have a regular sleep cycle!  
Try not to nap. If you need to,  
limit **naps to 20-30 minutes.**  
Avoid naps **after 4pm**<sup>1</sup>

**Ensure sufficient exposure  
to natural light in the day.**<sup>1</sup>

**Avoid using your  
laptop or doing work  
on your bed.** Your bed  
is for sleep. **Avoid  
stressful thoughts**  
too.<sup>1</sup>

*YOU need sleep! To wake up recharged, to a  
better day ahead!*

Reference:

1. Centre for Clinical Interventions. (n.d.). Sleep Hygiene. Retrieved from:  
[www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%202004%20-%20sleep%20hygiene.pdf](http://www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%202004%20-%20sleep%20hygiene.pdf).

# Sleep Hygiene



## Avoid stimulants

such as nicotine or caffeine  
4-6 hours before sleeping.<sup>1</sup>

Avoid heavy meals  
and **cups of water**  
right before you sleep.<sup>1</sup>

Have a soothing routine  
before sleeping : **warm  
bath, read a book, light  
stretches.**<sup>1</sup>

Keep a **cool environment** and  
enough blanket to keep warm.  
Keep **lights dim.**<sup>1</sup>



### Reference:

1. Centre for Clinical Interventions. (n.d.). Sleep Hygiene. Retrieved from:  
[www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%202004%20-%20sleep%20hygiene.pdf](http://www.cci.health.wa.gov.au/~media/cci/mental%20health%20professionals/sleep/sleep%20-%20information%20sheets/sleep%20information%20sheet%20-%202004%20-%20sleep%20hygiene.pdf).

# Mindfulness

Mindfulness is being fully present and having full awareness of your thoughts, feelings, sensations and surrounding environment. It is also accepting that there is no “right” or “wrong” way to think or feel in a given moment, not rehashing the past or imagining the future.

## Benefits of Mindfulness



Boosts sleep quality<sup>1</sup>



Boosts immune system<sup>1</sup>



Improves memory, attention skills, and decision-making<sup>1</sup>



Reduces stress and feelings of anxiety, leaving you more relaxed, optimistic and resilient<sup>1</sup>

Reference:

1. Greater Good Science Center at UC Berkeley. (n.d.). Greater Good Science Center at UC Berkeley. Retrieved from [greatergood.berkeley.edu/topic/mindfulness/definition#how-cultivate-mindfulness](https://greatergood.berkeley.edu/topic/mindfulness/definition#how-cultivate-mindfulness).

# Guide to Practising Mindfulness



Pay close attention to your breathing, especially when you're feeling intense emotions

Focus on your senses - the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness



Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair

TIP: Find "micro-moments" of mindfulness throughout the day to reset your focus and sense of purpose



Scan this QR code to practice mindful breathing now!



