

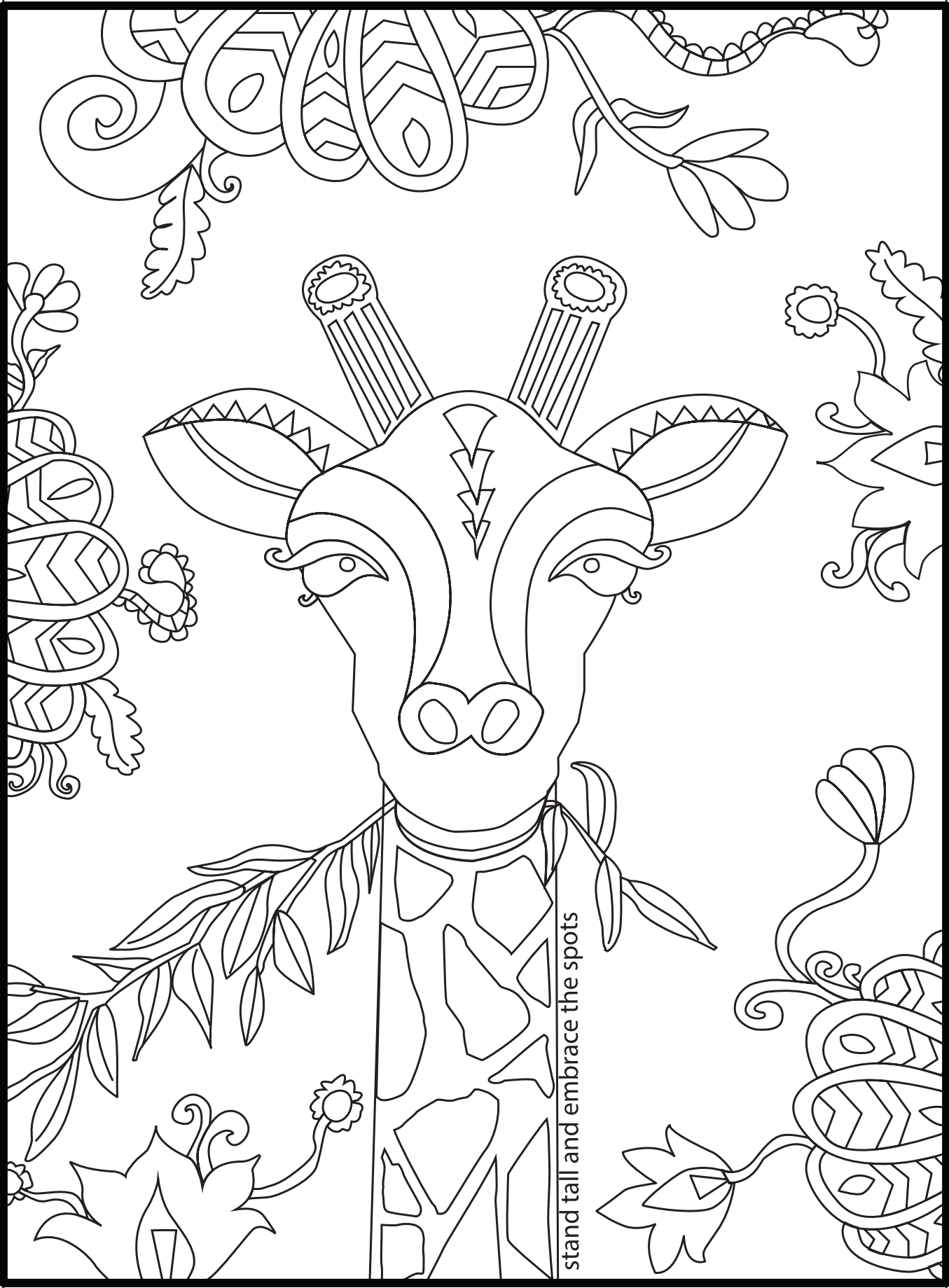
# Caregiver Coloring Book

# THE LONGEST DAY<sup>®</sup>

Created by Debra Bianchi with Meghan Donohue, Lois Gracz, Angel Hoffman,  
Rosemary Jaramillo, Courtney McKibben, Rachael Minore, Kelly Osthoff, Ralph Patrick,  
Miranda Schrock, Dawn Simons, & Isla Tracy

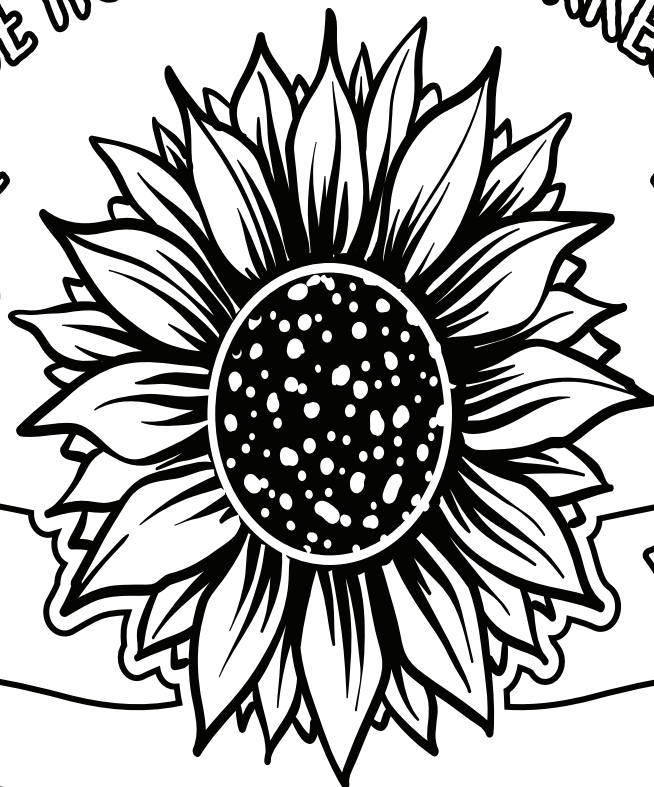
Please consider supporting the Longest Day by joining one of our teams or creating your own.  
Donations are always appreciated!

alzheimer's  association<sup>®</sup>



stand tall and embrace the spots

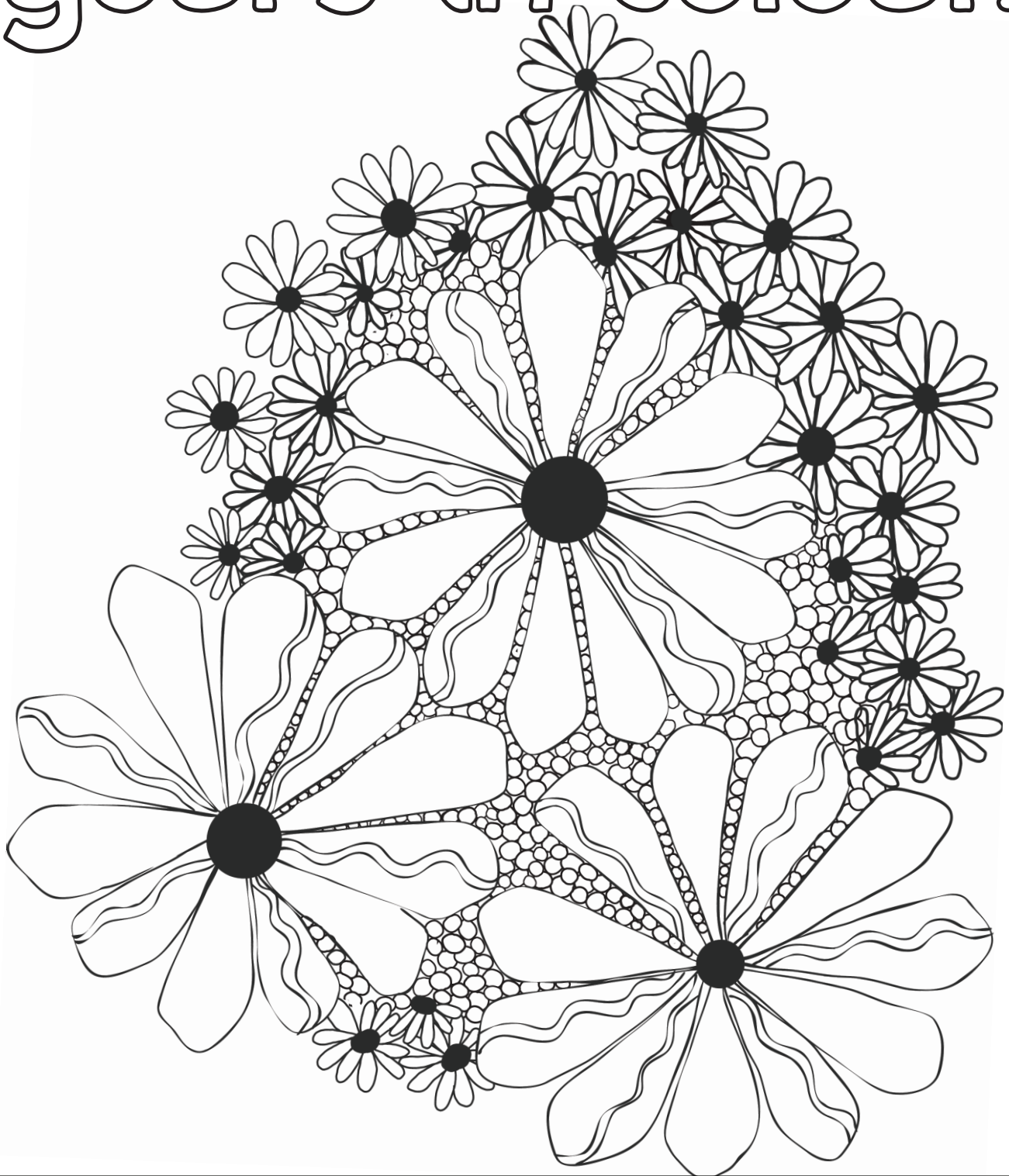
DON'T LOSE HOPE IN THE DARKEST NIGHT!



AND YOU

WILL FIND THE  
Sunshine

Life is art, live  
yours in colour.





CELEBRATING THE LONGEST DAY  
FROM THE OCEANS TO THE MOUNTAINS  
AND EVERYONE IN BETWEEN!

**all moments  
are precious**





ALL YOU NEED IS

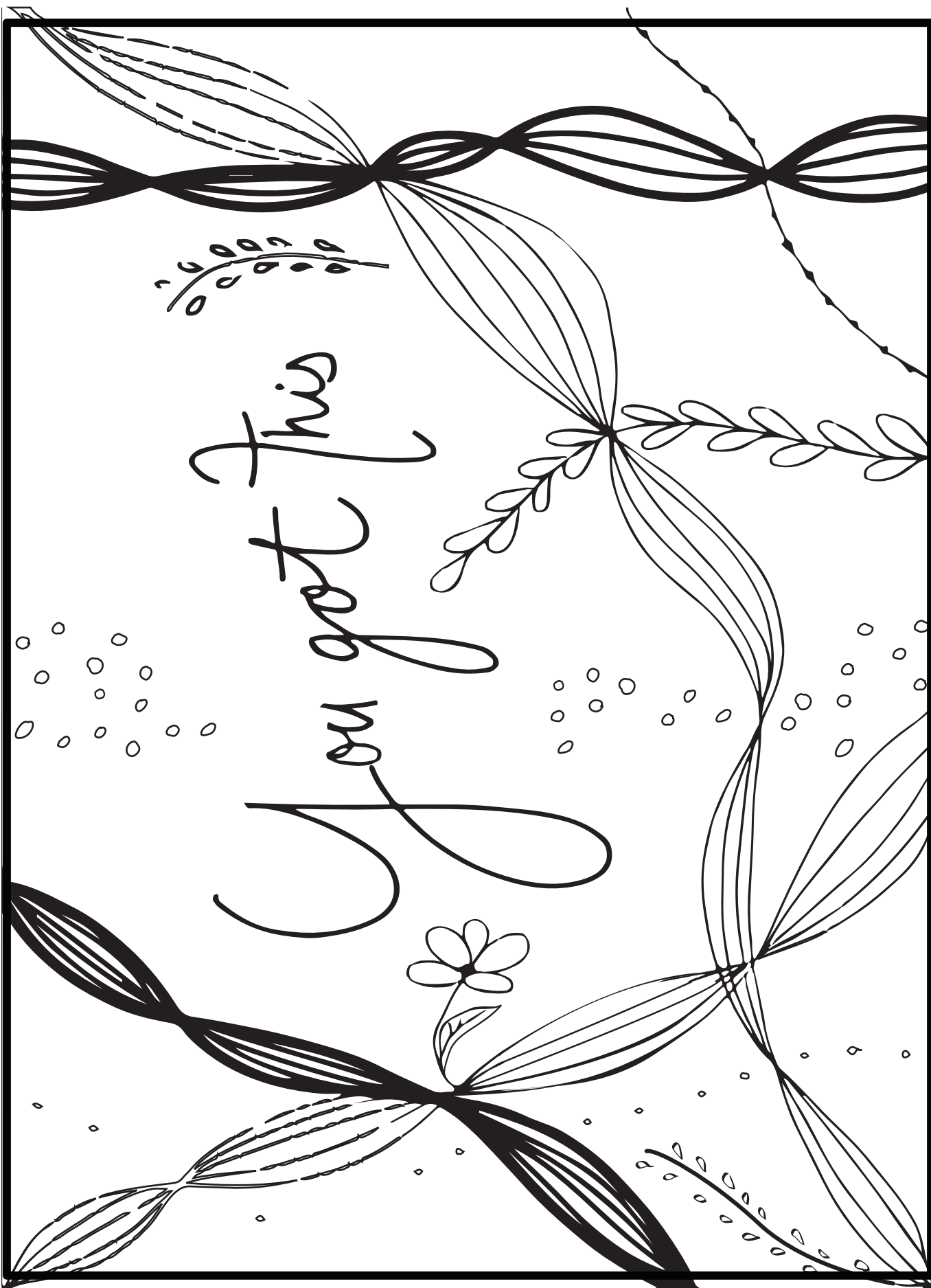
Love

Sunshine

AND

Coffee

You got this





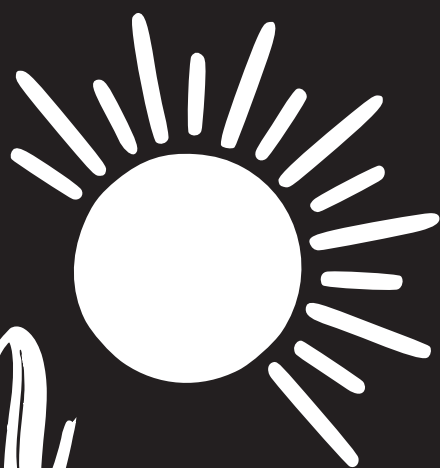


keep life  
simple...  
Garden

NEVER   
UNDERESTIMATE

THE Power

OF YOUR touch



 *your* LAUGHTER



 AND YOUR  
Smile

love covers all

all ~~see~~ love covers all  
every

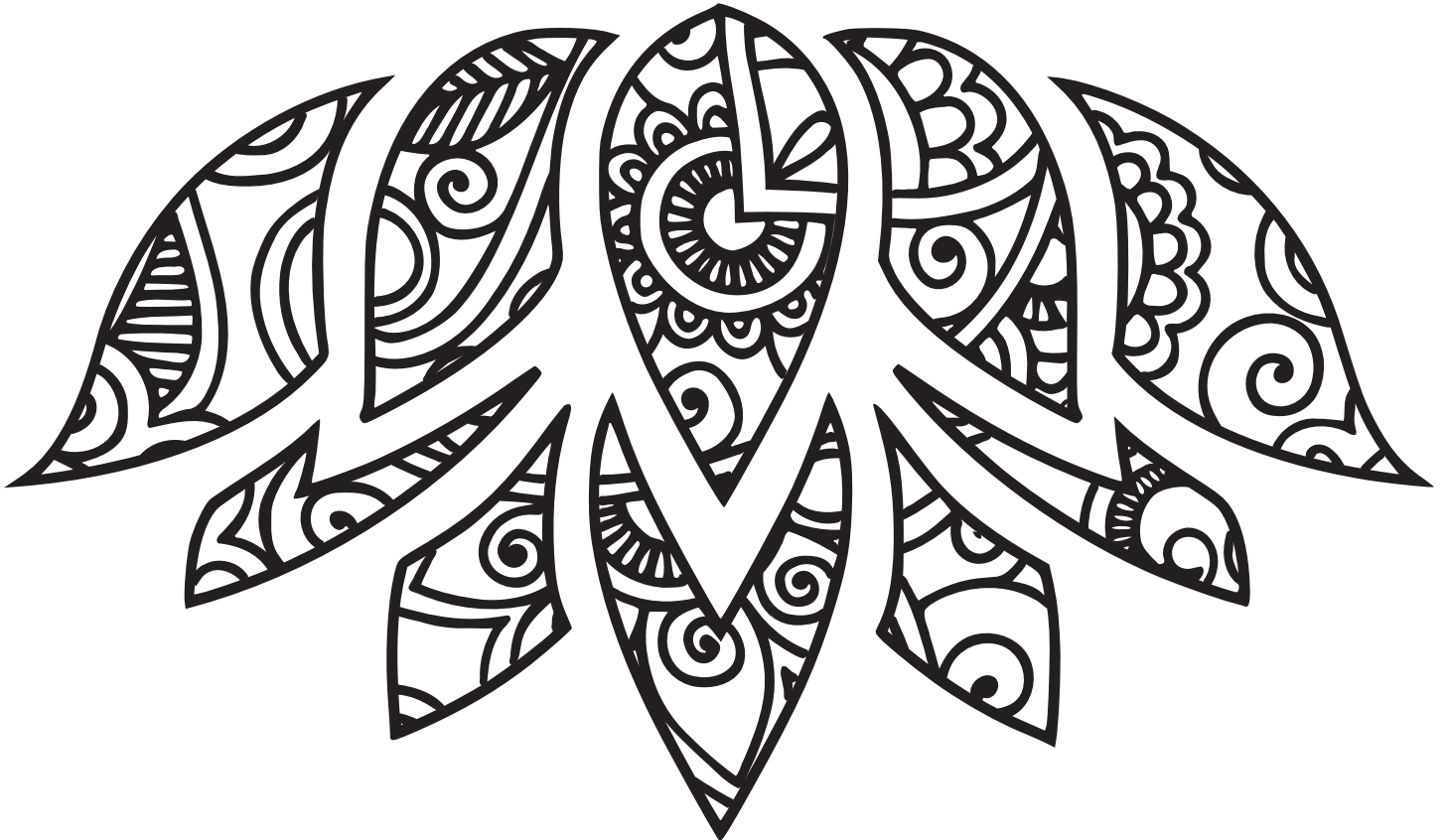
love covers all ~~see~~ love covers all

love covers all



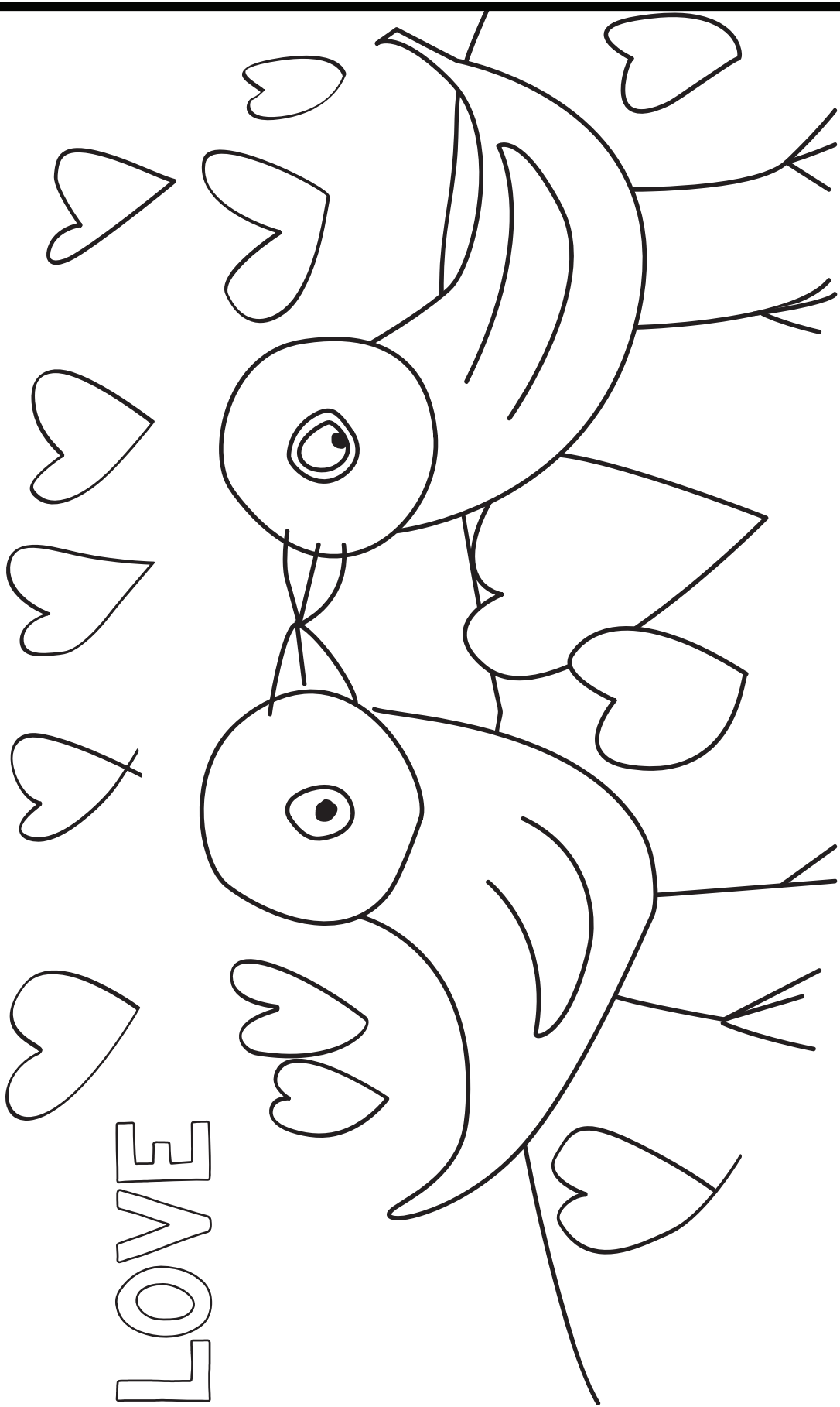


Just like the lotus, we too have the ability  
to rise from the mud, bloom out of  
darkness and radiate into the world.



“MAY YOUR DREAMS BE  
LARGER THAN MOUNTAINS AND  
MAY YOU HAVE THE COURAGE  
TO SCALE THEIR SUMMITS” -HARLEY KING





LOVE



BE SOMEONE'S  
SUNSHINE

WHEN

THEIR



Skies  
are.

GREY

What tumultuous times we live in! This whirlwind world continues to quickly change week to week. Many of us may feel as though we are being pulled into an unpredictable swirling tornado.

Even though many events are out of our control, we can make healthy choices, make our way to the eye of the storm, to the storm's center where there is calm. We can use these times to practice serenity and peace of mind during current and future storms.

The average pencil is seven inches long, with just a half-inch eraser-in case you thought optimism was dead.  
Robert Brault.

Despite our many differences, one thing most everyone can agree on is that air, water and sleep are essential to life.

### Air

Below is a link to Dr. Benson's You Tube video on deep breathing. Dr. Benson is a cardiologist who created the Relaxation Response. There are many ways to practice deep breathing. Click this link to experience Dr. Benson's approach.

Writing Prompt: Before you listen to the video, make note of how you are feeling. After practicing deep breathing a few times, write about how you feel afterwards.

<https://youtu.be/nBCsFuoFRp8>

(Note: If you have trouble accessing the link, google Dr. Benson's Relaxation Response and look for his 9 minute You Tube presentation).

Prompt: Add deep breathing to your tracking log to remind you to stop and take a moment to breath every day. Consider setting your phone alarm once a day, or perhaps in the morning, afternoon and evening as a reminder to stop and breathe. You will be glad you did!

### Water and Sleep

Did you know dehydration can mimic feelings of anxiety and that there are ways to potentially increase your hours of sleep?

Below is a link to a short talk by Kay Adams, Founder and director of Center for Journal Therapy. Her talk contains some interesting facts, approaches and ideas for self-care in the areas of breath work, hydration and sleep.

<https://youtu.be/dFIL-bcVOzw> (Three Journal Techniques to calm anxiety during crisis by Kay Adams.)

Prompt: Consider tracking your water intake and taking some steps to increase your amount of sleep.

P.S. Kay Adams has created a valuable online writing community called Love in the Time of Corona. You can gain free access by going to this secure site: [bit.ly/JV148](https://bit.ly/JV148).

Journal writing helps manage stress and stay mindful in these troubled times. I hope you find this helpful. I plan to join this community soon and hope to see you there!

Until we meet again, peace to you and yours.

Annette Ferriole, Volunteer Western Colorado Writers' Forum & Alzheimer's Association

If you are a caregiver and would like to receive journaling prompts from Annette, please email [debianchi@alz.org](mailto:debianchi@alz.org)

# MOVING MOUNTAINS



## TO #ENDALZ

You don't climb mountains without a team...  
And you never climb a mountain on  
accident - it has to be intentional. Mark Udall

