



Worksheet #2: Mindfulness & Breathing

Finding Moments to Pause and Breathe

When you are caring for a child with a serious or terminal illness, your mind and body are often in a constant state of stress. This worksheet is designed to help you slow down, reset, and find brief moments of calm throughout your day.

1. Pause & Notice

Before doing anything else, take a moment to check in:

Right now, my body feels:

- ☐ Tense
- ☐ Restless
- ☐ Heavy
- ☐ Exhausted
- ☐ Calm
- ☐ Other: _____

Right now, my thoughts feel:

- ☐ Racing
- ☐ Overwhelming
- ☐ Focused on the future
- ☐ Stuck on something
- ☐ Quiet
- ☐ Other: _____

2. Simple Breathing Reset (2–3 Minutes)

You can do this anywhere—hospital room, home, car, or waiting room.

Try this:

- Inhale slowly through your nose for 4 seconds
- Hold for 4 seconds
- Exhale gently through your mouth for 6 seconds
- Repeat 5–8 times

As you breathe, say to yourself:

- “In this moment, I am here.”
- “I can take this one breath at a time.”

3. Grounding Exercise (5-4-3-2-1)

When your thoughts feel overwhelming, bring your attention back to the present:

Name:

- 5 things you can see: _____
- 4 things you can feel: _____
- 3 things you can hear: _____
- 2 things you can smell: _____
- 1 thing you can taste: _____

4. Create Your Own “Pause Moment”

Even a few minutes can make a difference.

Where can I pause today?

- ☐ In the car
- ☐ While my child is resting
- ☐ Before bed
- ☐ During a quiet moment
- ☐ Other: _____

How long can I realistically take?

- ☐ 1 minute
- ☐ 3 minutes
- ☐ 5 minutes
- ☐ 10 minutes

5. A Gentle Reminder

When things feel intense, remind yourself:

- I don't have to solve everything right now
- I can slow down, even for a moment
- My breath can help bring me back

Write your own reminder:

6. After the Pause

After taking a few minutes, I notice:

Closing Thought

You are navigating an incredibly demanding and emotional experience. Taking even a few minutes to breathe and reset is not selfish—it is necessary. These small pauses can help you feel more grounded and present for both yourself and your child.

Wellness Counseling Group

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