



COLOR &

 Calm

A coloring book for those
caring for someone with
special health care needs



KOHL'S
Cares♥

overwhelmed

angry

exhausted

anxious

frustrated

hopeful

resentful

troubled

mindful

impatient

inadequate

intuitive

sad

thankful

lonely

Caregivers feel many different emotions. Sometimes it depends on what is going on at the time.

Your emotions – both positive and negative – are valid and important to recognize and express.

Spending some time coloring can help relax your mind and body and provide a chance to refresh and recharge.

This coloring book has been created to provide some encouraging words, helpful tips for stress reduction, and a creative escape to calm and refocus.

devoted

fearful

love

scared

disconnected

relieved

confused

guilty

doubtful

thoughtful

focused

attentive

stressed

excluded

empowered

“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared, or anxious. Having feelings doesn’t make you a negative person, it makes you human.”

“Right now I am trying to be in a place of calm, a place where I can chill out and then handle the chaos of life better. You don't just get it overnight; you have to work at it.”

Jackee Harry

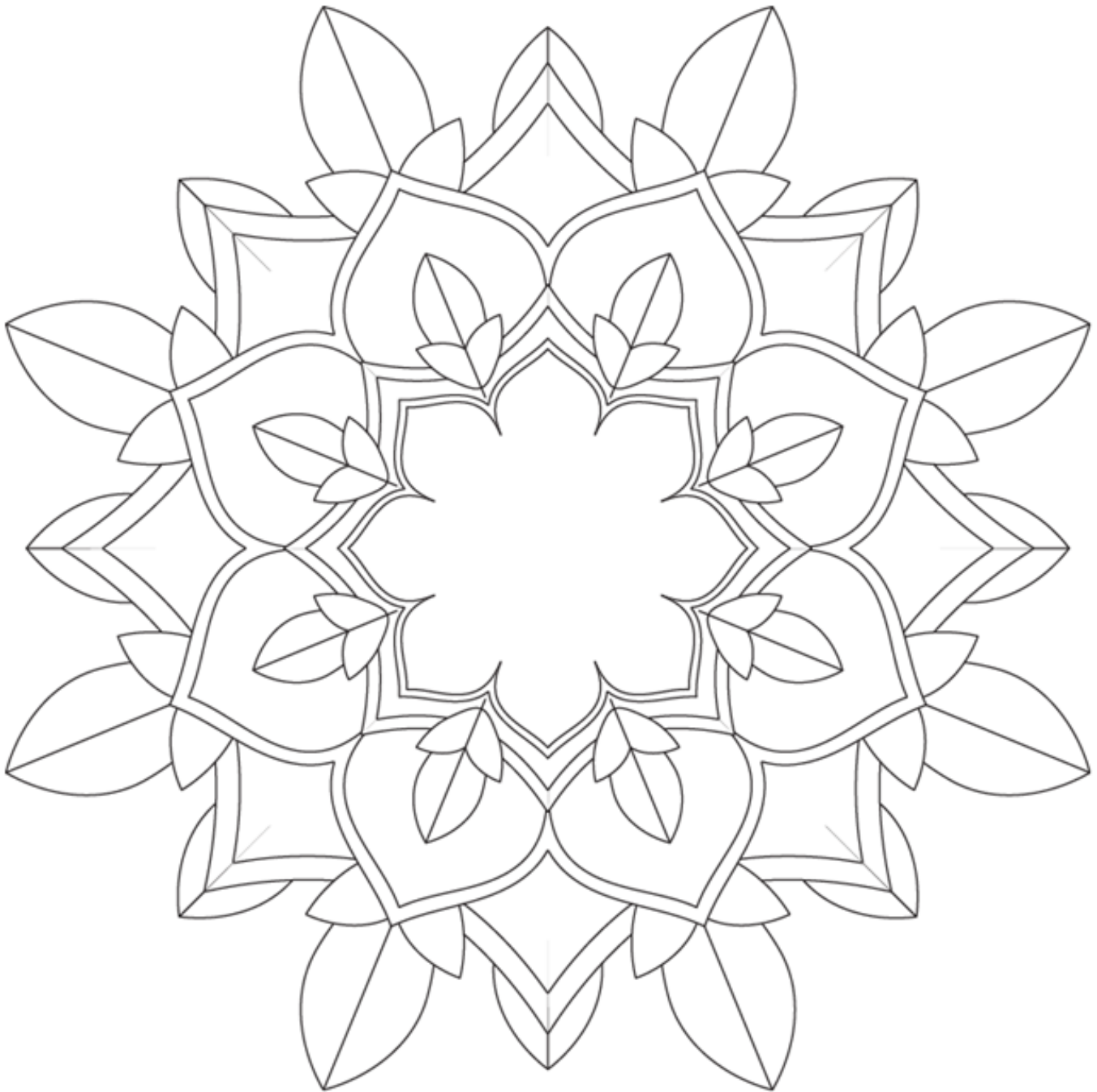


When coloring,

- try to turn off any cellular devices
- put on some of your favorite music
- use your favorite coloring medium – colored pencils, crayons, or markers
- use colors of your choice – those which inspire you, calm you, or make you happy
- don't worry about perfect color patterns or staying inside the lines. No one is judging your masterpiece. It's all yours!

“Caregiving often calls us to lean into love we didn’t know possible.”

Tia Walker

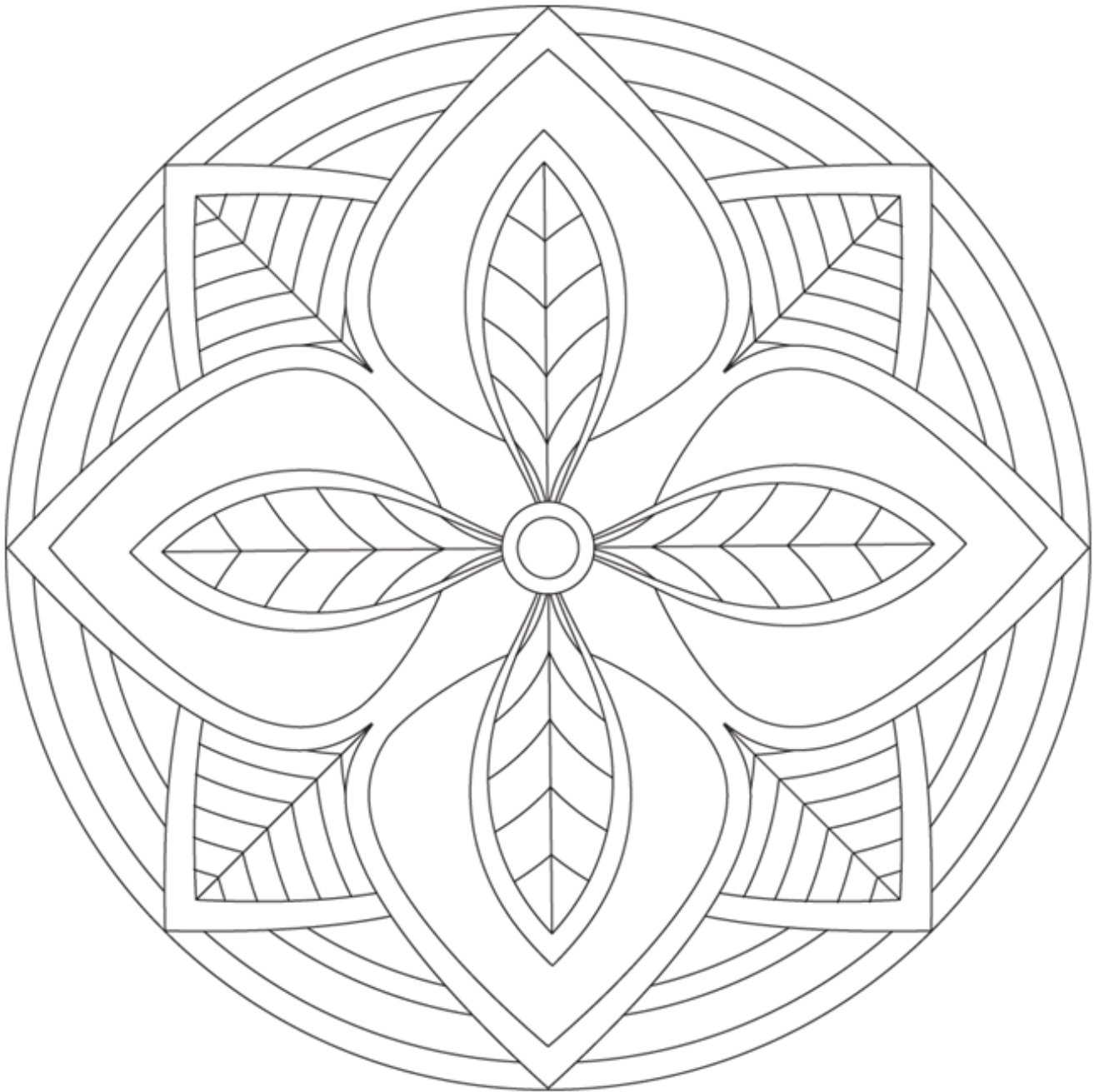


a helpful tip...

People with special healthcare needs may have some difficulties, but they also have so much to share. Remember to remain in the moment, observing how much being together matters to both of you. Focusing on the moment helps build meaningful moments with the person in your care.

“Every time you find some humor in a difficult situation, you win.”

Peanuts

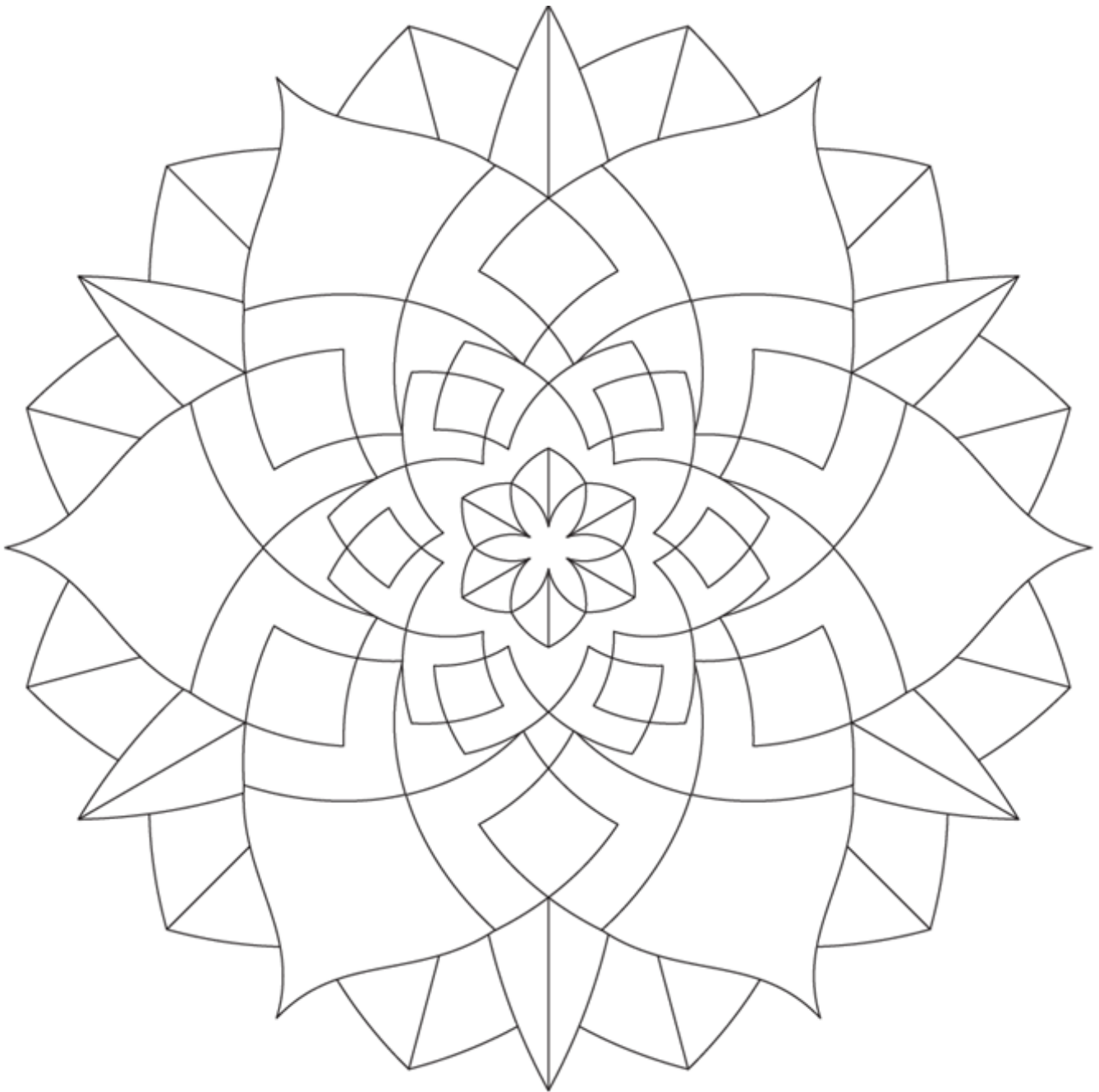


a helpful tip...

Watch your favorite comedy or cartoon, play a goofy game, or recall some funny memories with family or friends. Laughing reduces stress, so get your giggle on!

“When you change the way you look at things, the things you look at change.”

Dr. Wayne Dyer

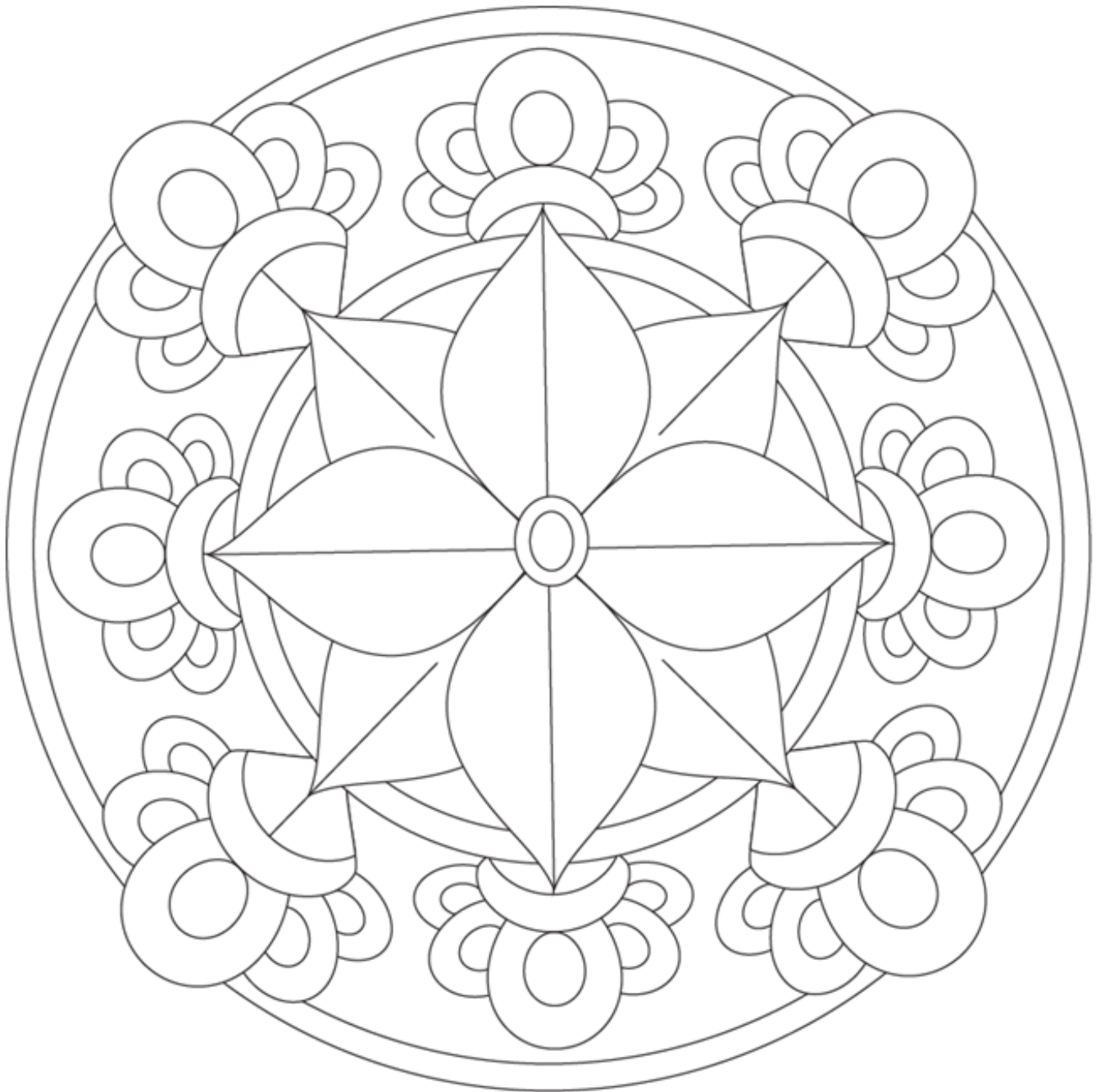


a helpful tip...

Often we get frustrated and anxious with things we just can't fix or change, which can lead to frustration, stress, and potential health problems. Try to focus your energy on productive tasks. Ask yourself, "What can I control in this situation?" Changing our approach to things can help change our outlook about caregiving and life.

“People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.”

Author Unknown

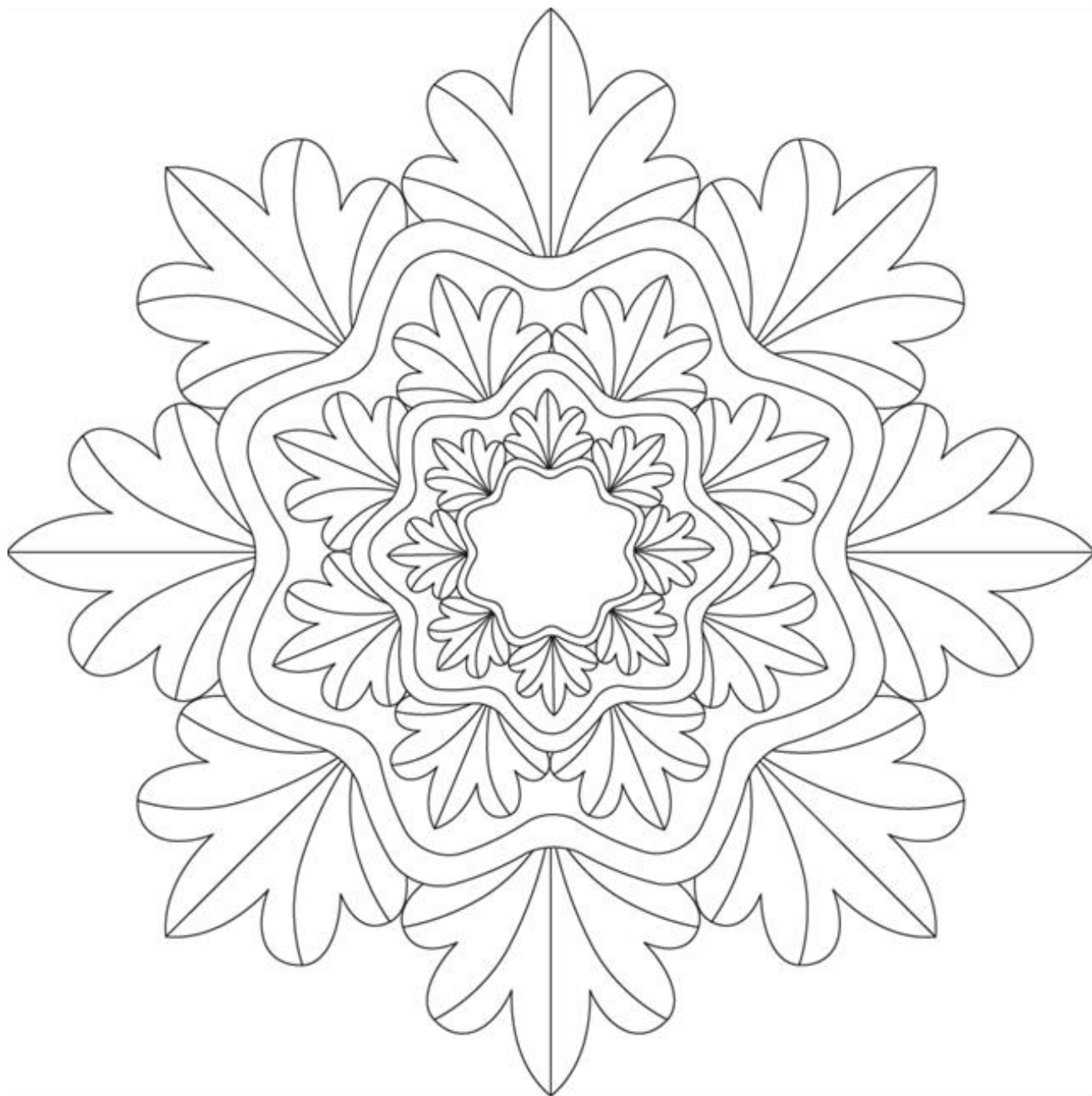


a helpful tip...

With so much on your mind, it may help to talk with others who understand. Look for local support groups, caregivers, or others who you can connect with to share similar challenges and ideas for handling specific problems. You may even meet some new friends!

“In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.”

Fred Rogers

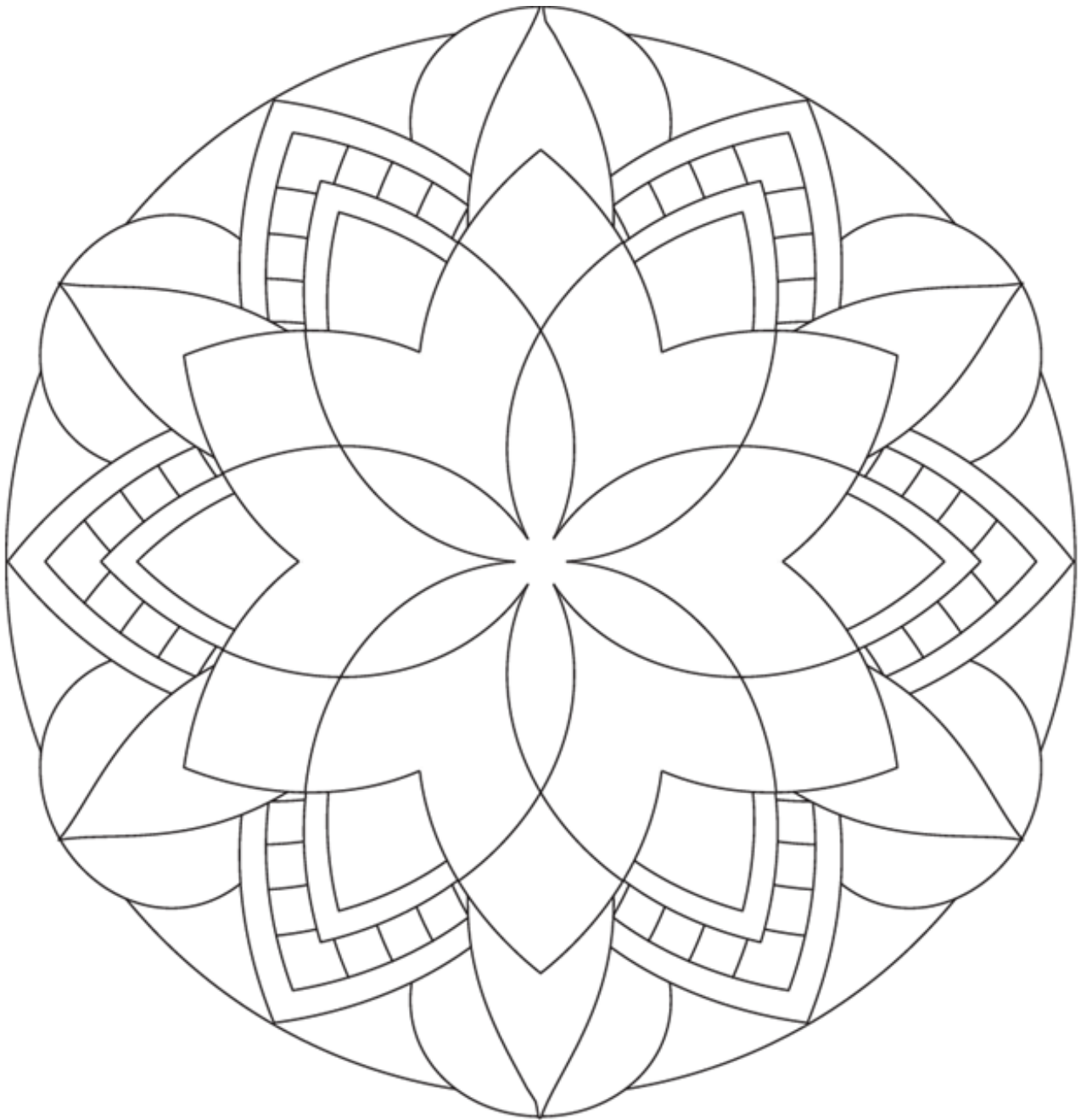


a helpful tip...

Take a bit of time to write some, thoughts, questions, and notes to yourself in a notepad. It may be difficult to get started, but once you start, you may find it provides a release of emotion and a sense of control. It doesn't matter what you write, how much you write, or how you write. Then go back to read your notes from time to time. It may help you cope and problem-solve when things get difficult.

“It is so important as a caregiver not to become so enmeshed in the role that you lose yourself. It's neither good for you nor your loved one.”

Dana Reeve

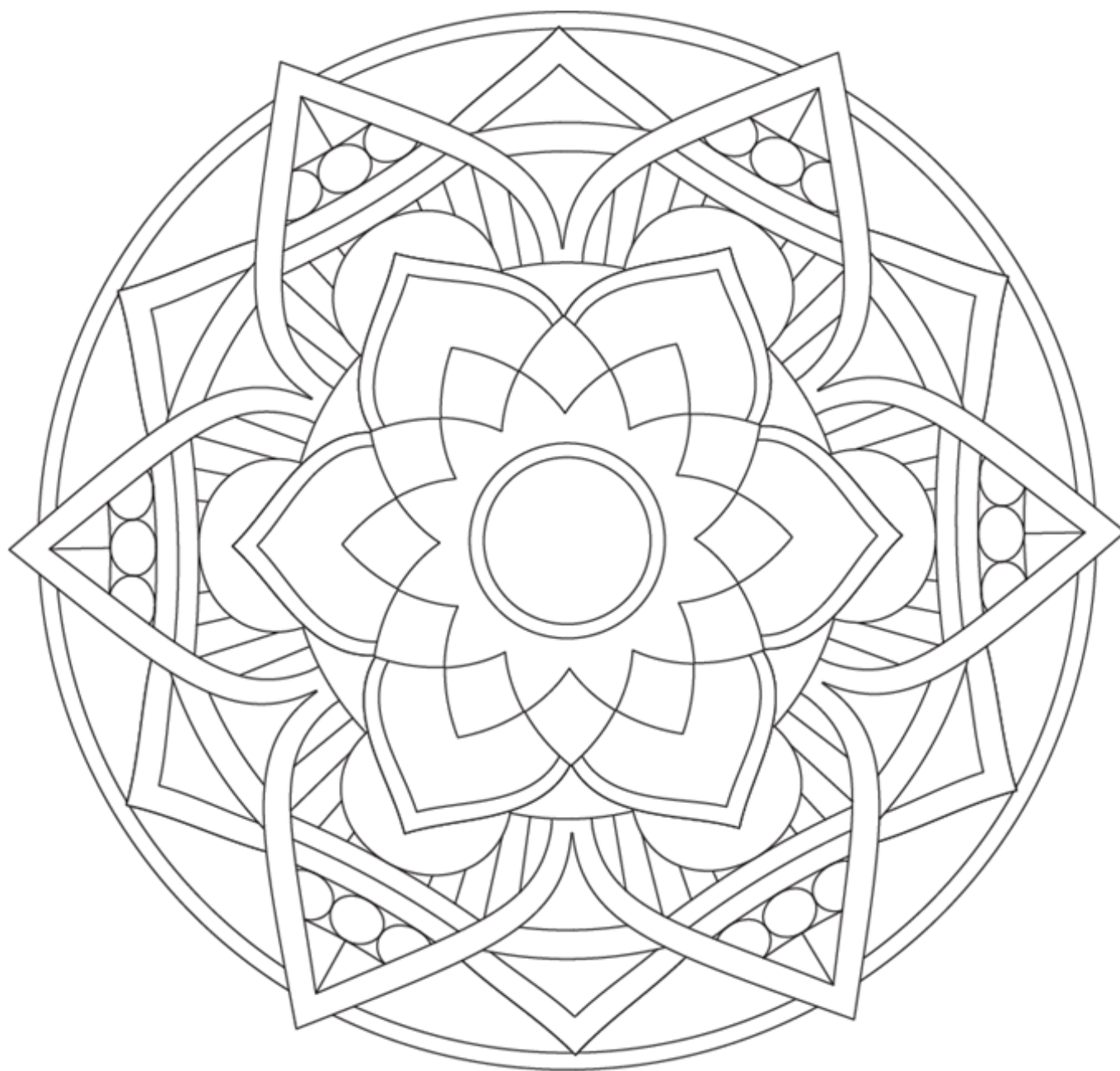


a helpful tip...

Sometimes we get caught up in the details of all we need to do and forget to set limits. It's important to schedule some breaks in the day for yourself. Prioritize your own personal needs and interests – including relationships, recreational activities, and career – to help renew energy, reduce stress, and provide some balance in your day.

“Ask for help not because you're weak, but because you want to remain strong.”

Les Brown

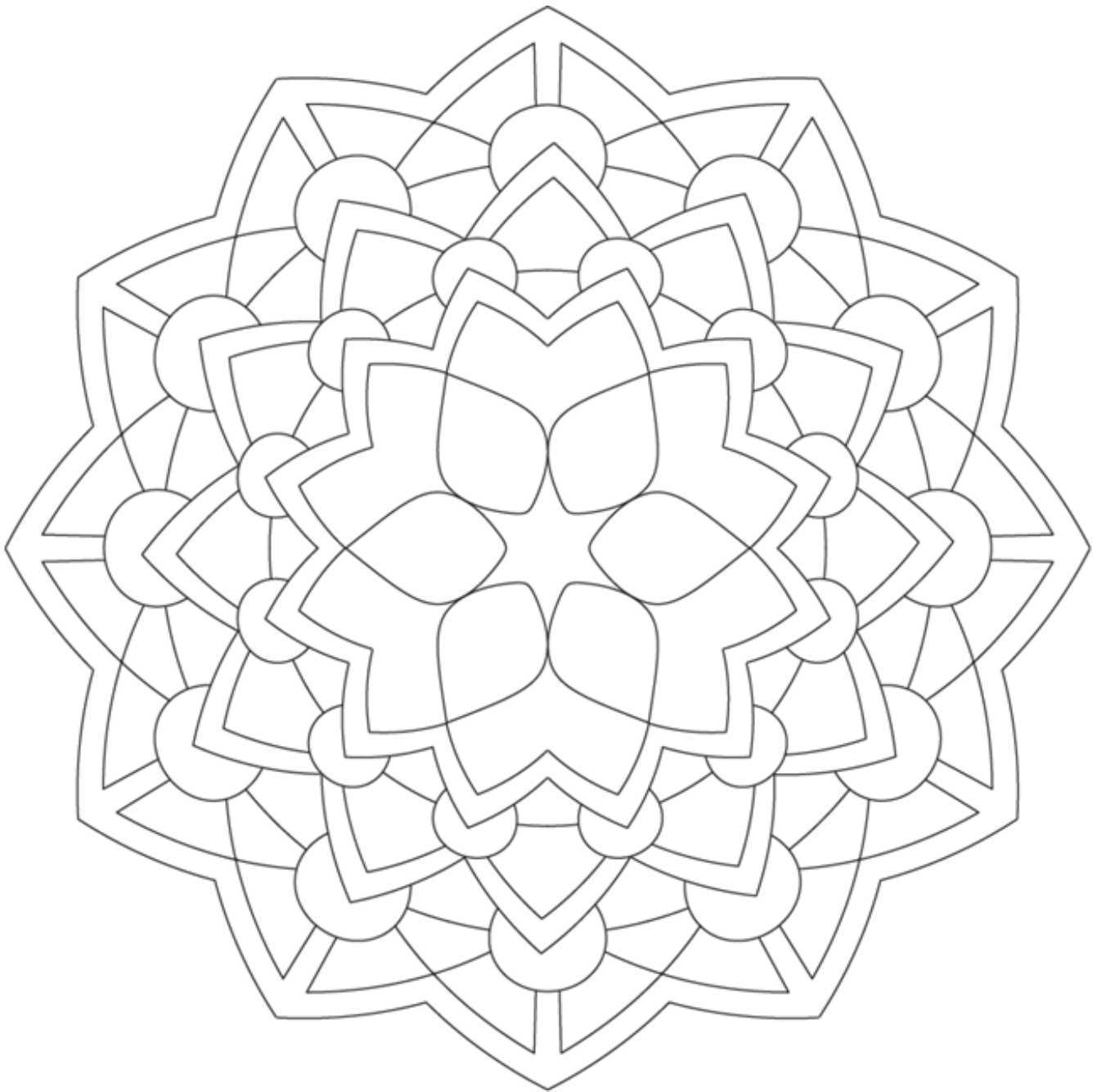


a helpful tip...

Phone calls, medical appointments, household responsibilities, errands... There's so much to do every day. This can leave you feeling physically, mentally, and emotionally drained. It may be difficult asking others for help, but there are people who understand and can help with household tasks, shopping, and emotional support. Reach out to a friend, relative, community organization, or neighbor to get the help you need.

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

Francis of Assisi

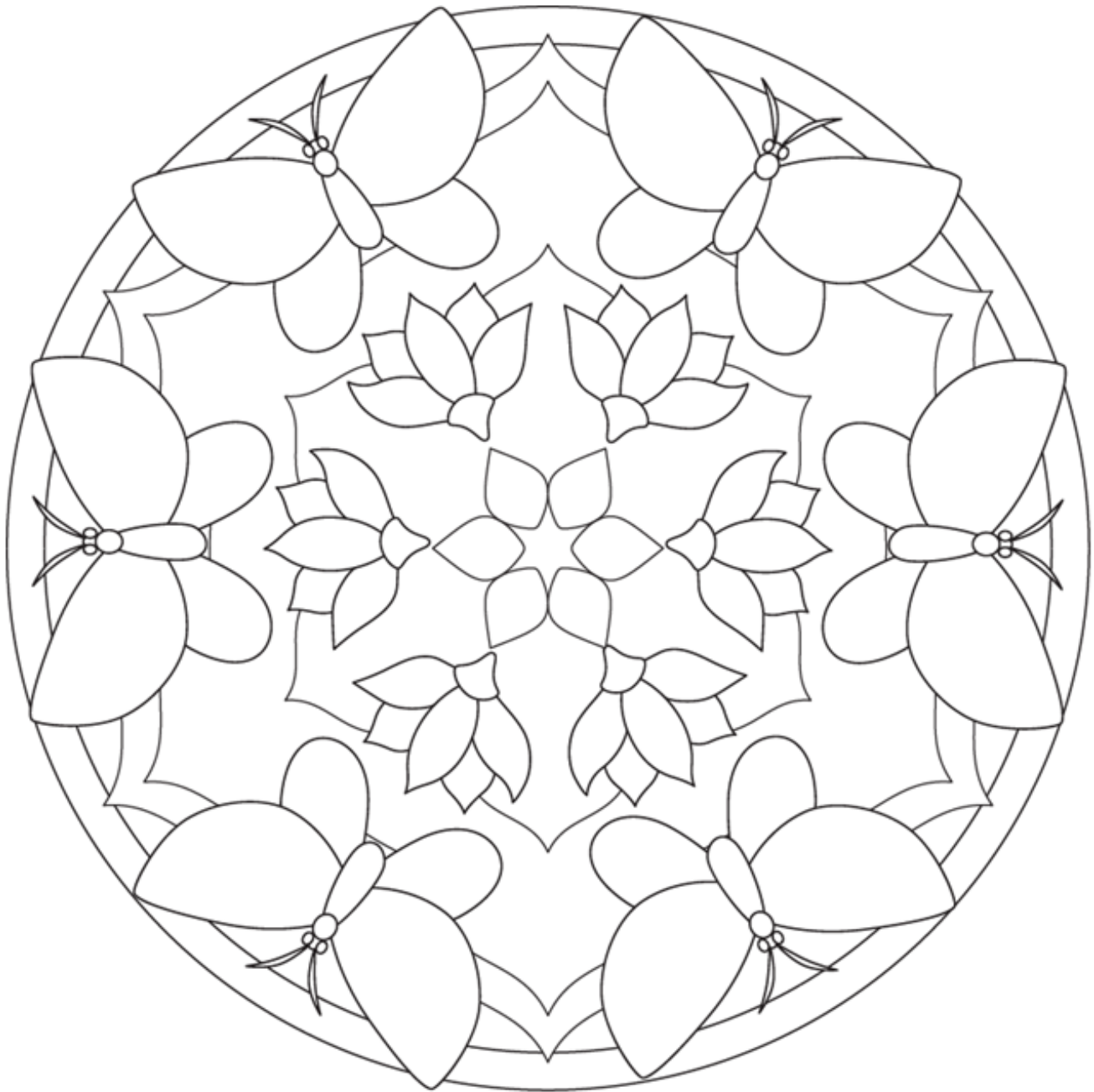


a helpful tip...

It’s important to prioritize all the work you need to do. Keep a notebook handy to write daily to-do lists. Mark items which must get done with a star. Focus on completing the starred tasks first – when you have the most energy. When done, work on the rest. Place what’s left on the next day’s list. Keep lists simple and flexible. The notebook will help track all you’ve accomplished and organize what lies ahead.

“Sometimes you can find peace of mind by transferring yourself to different situations. They're just reminders to stay... calm.”

Yves Behar

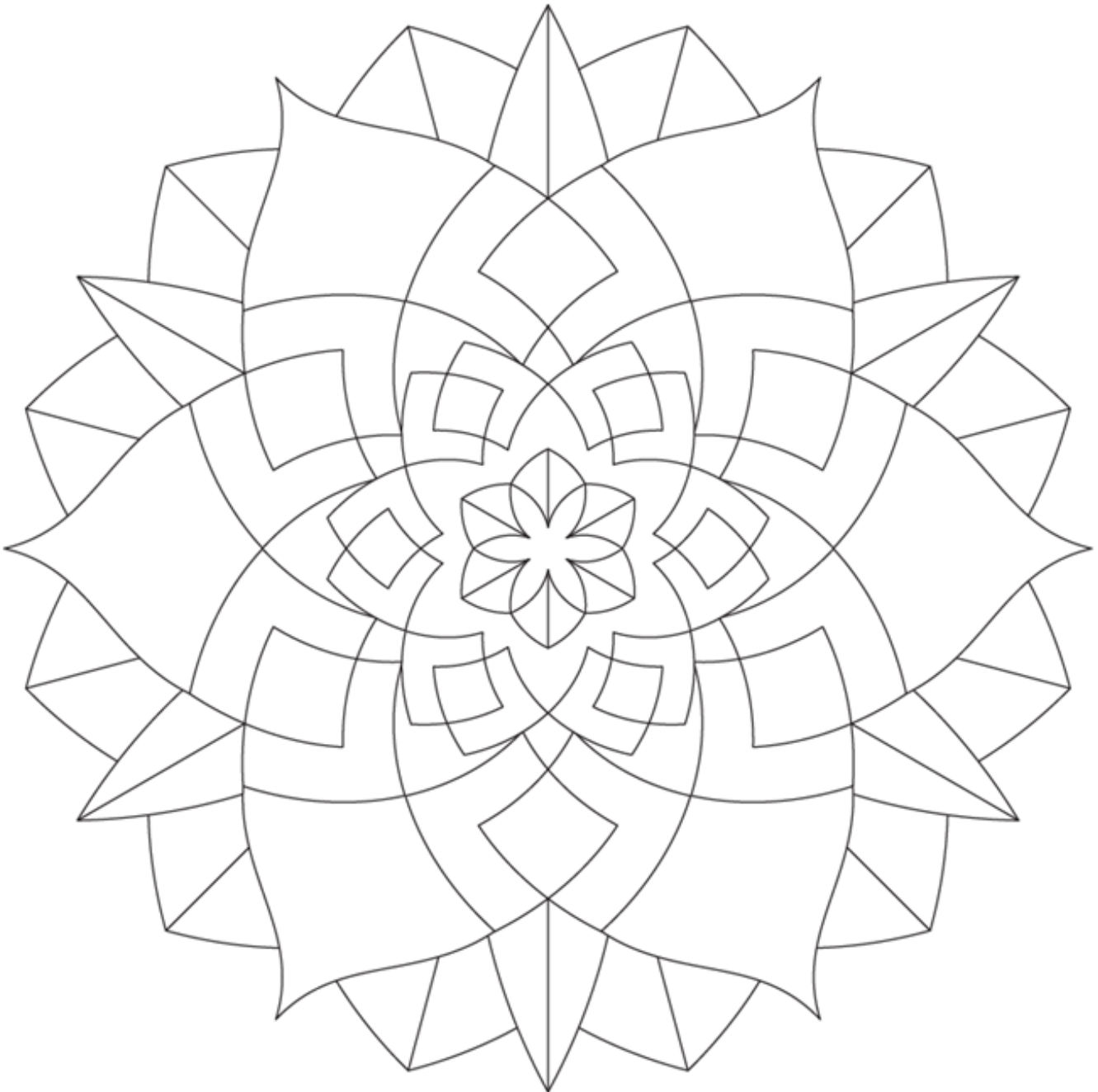


a helpful tip...

It is important to find a way to rejuvenate and refocus for our health and well being. No matter if it's meditation, music, art, reading, drinking a quiet cup of coffee alone, or taking an evening walk, we need to carve out some time to reduce stress and help our outlook be more positive.

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

Christopher Reeve

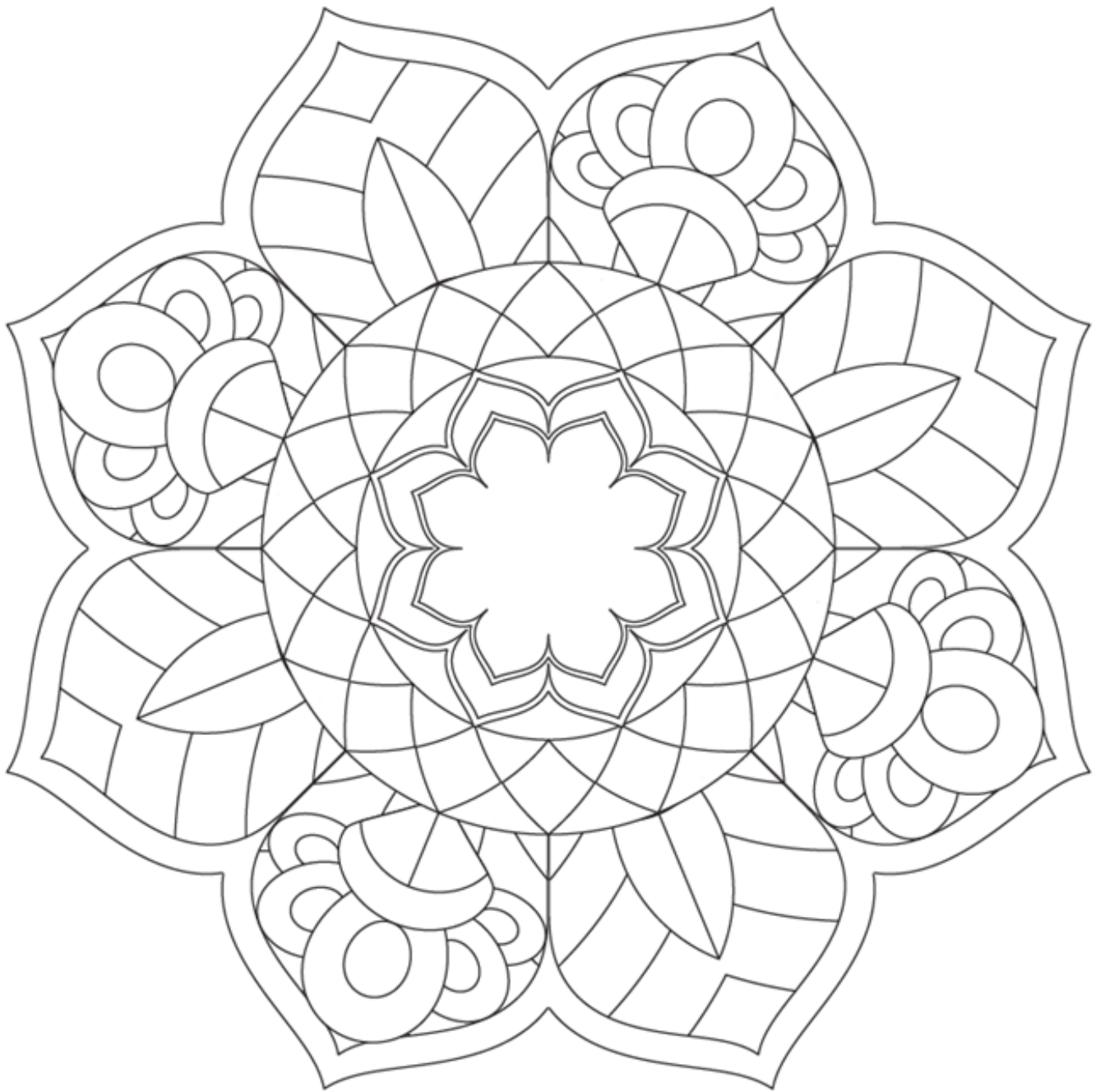


a helpful tip...

When handling particularly difficult situations, we can get pre-occupied with ending it rather than finding its source. We may forget about the person’s feelings, needs, and frustrations. It can be helpful to slow down, take a deep breath, and observe what might be triggering the situation. Making this connection can build trust and help prevent reoccurring challenges.

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

Helen Keller



a helpful tip...

To motivate yourself, practice positive self-talk as much as possible. It is also helpful to surround yourself with positive people – those who lift your spirits, support you during difficult times, and provide you with useful advice and feedback. Separating yourself from negativity as much as possible can help reduce unneeded stress.

“When you're a caregiver, you need to realize that you've got to take care of yourself, because, not only are you going to have to rise to the occasion and help someone else, but you have to model for the next generation.”

Naomi Judd

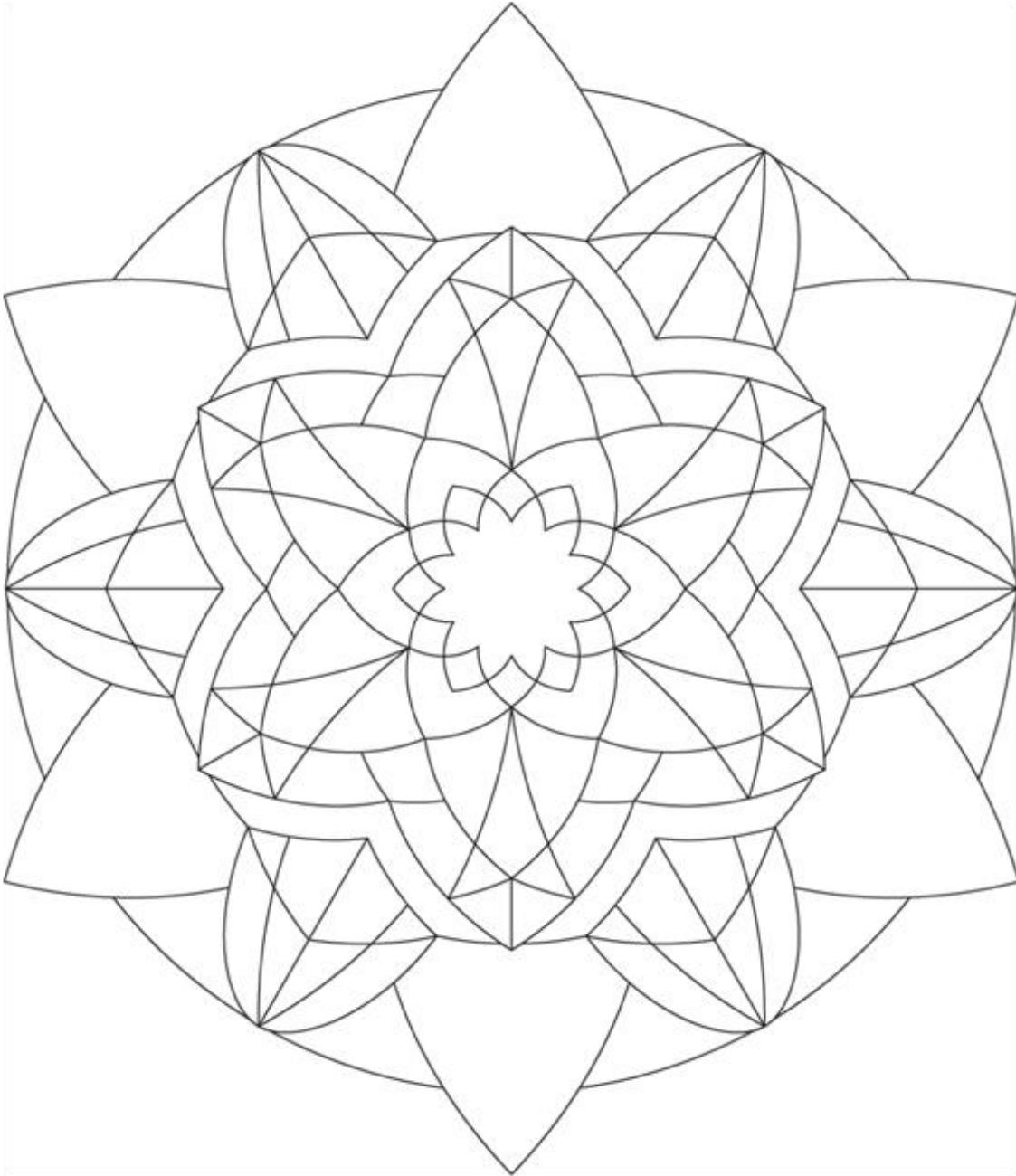


a helpful tip...

Self care is not selfish. It is important to take care of you, too! Even small amounts of exercise are good. Try to make healthy food choices. Follow up with your own wellness checkups and medical care. Let those around you see that your well being is important to you.

“Promise me you’ll always remember... you’re braver than you believe, stronger than you seem, smarter than you think, and loved more than you know.”

Christopher Robin

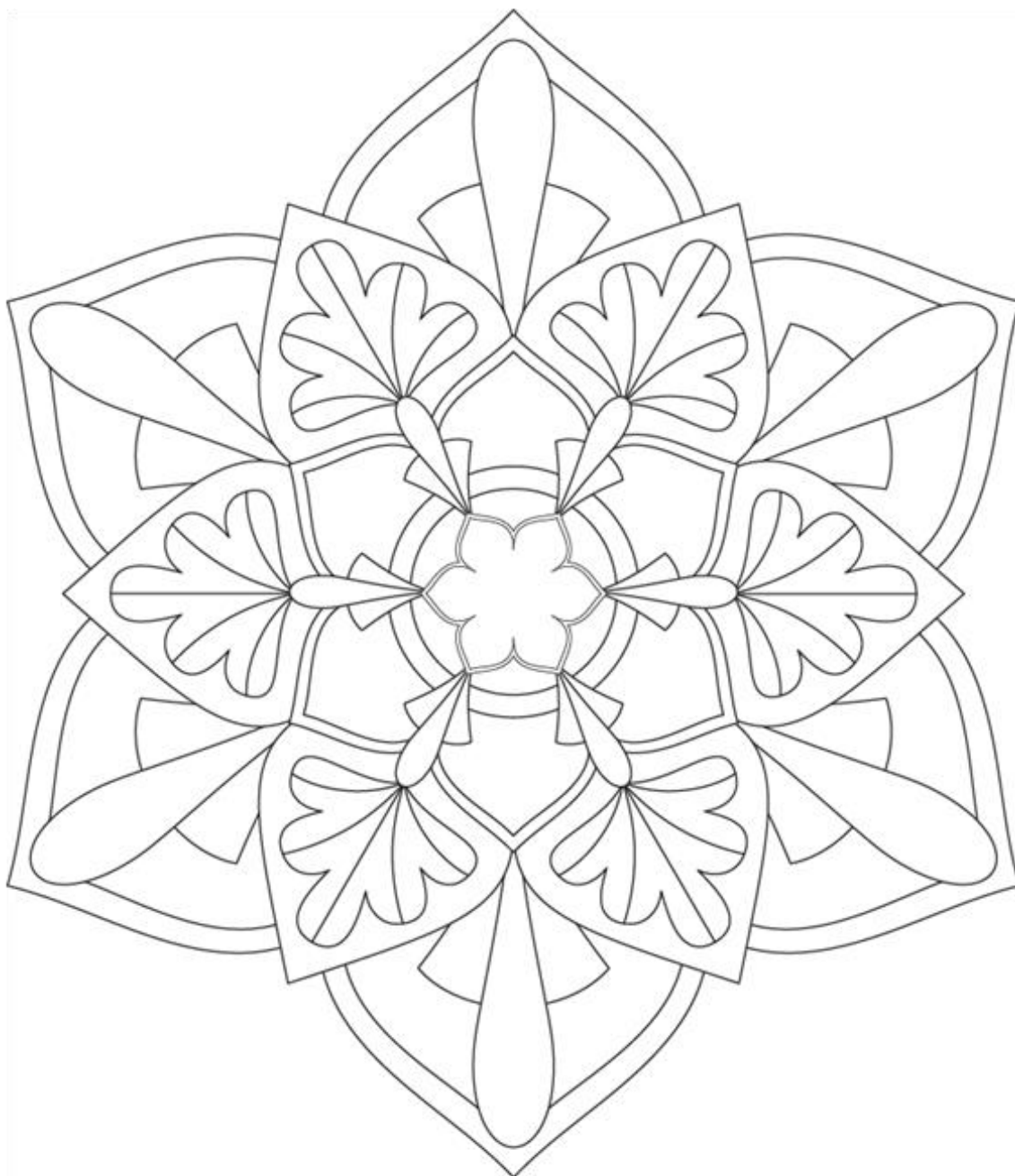


a helpful tip...

Acceptance can be an emotional struggle when facing difficult medical situations and decisions. But through acceptance we have the ability to transform a situation into something meaningful and positive. Always remember what you do matters to those around you – even if they cannot express it in words.

“A diagnosis defines a lot of things, but it doesn’t define love.”

Lexi Behrnt

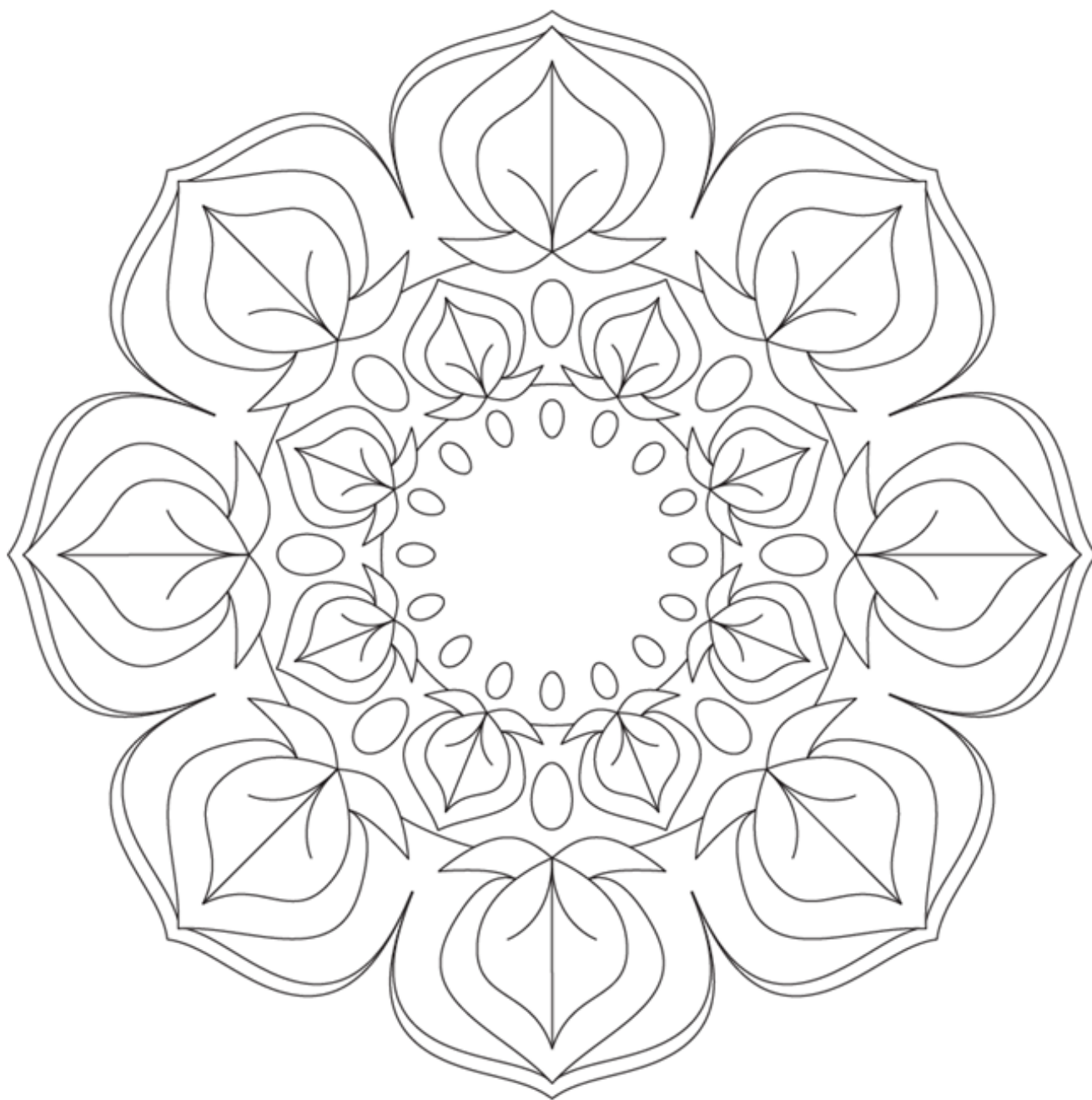


a helpful tip...

Caregivers are constantly making complex decisions. When trying to figure out answers, gather as much reliable information as possible. Then, listen to your instincts. Remember the decisions you make are out of love.

“Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’ ”

Mary Anne Radmacher



a helpful tip...

Some days are good days, others are not. At the end of each day take a moment to try to appreciate positive things that happened. Keep this in mind when you go to bed to start your next day confidently.

Take some time to doodle...

When life seems overwhelmingly challenging, take a few moments to doodle. Doodling can help you focus on the moment. Doodling is an easy way to relax and work through difficult thoughts and emotions. It can be a creative way to express feelings and release negative energy. It may even help to find new perspectives and new ideas. Go ahead. Doodle for you!

My doodles...

“On particularly rough days when I’m sure I can’t possibly endure, I like to remind myself that my track record for getting through bad days so far is 100%. And that’s pretty good.”

Author Unknown

My doodles...

My doodles...

Through a partnership with Kohl's Cares,
Children's Specialized Hospital is
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children with special healthcare needs.



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