

*5 Days of
Warmth & Wellness
for Supporters*



IntellectAbility®
REPLACING RISK WITH HEALTH AND WELLNESS

Small Moments of Peace Count

A deep breath.

A quiet sip of coffee.

A minute of sunlight.

A simple kindness.



Taking care of yourself helps you better support others

FOLD



*You make every
day better.*

Thank you for the positivity, patience,
and heart you bring to your work.

We're grateful for you.

INSTRUCTIONS: Cut out card along the dotted lines
and fold in half. Write a personalized message inside
the card to show your appreciation.

FOLD



Grateful for you.

Your kindness and steady support make a real difference —
for the people you serve and for our team.

Thank you for everything you do.



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You bring warmth & care to others.

Your presence brings comfort, connection, and dignity.
Thanks for showing up with heart — it matters.



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Holiday Self-Care Tips for Supporters

Gentle ways to protect your energy and stay grounded during a busy season



Take a Micro-Pause

Even 30–60 seconds helps reset your nervous system. Breathe slowly, soften your shoulders, unclench your jaw.

Tiny breaks make a big difference.



Stay Connected

Reach out when you need support - coworkers, supervisors, family, friends. You don't have to carry everything alone.

A shared moment can steady a whole day.



Choose a Comfort Ritual

A warm drink, soft music, a cozy scarf, 2 minutes of quiet - whatever helps your mind say, "I'm safe. I'm okay."

Rituals build resilience.



Move Gently

Stretch, walk around the room, step outside for a minute of fresh air.

Movement lifts energy and helps clear stress.

No gym needed, just one small reset.



Speak Kindly to Yourself

The work you do requires patience, presence, and heart.

Offer those qualities to yourself, too.

A compassionate inner voice protects your well-being



Celebrate Small Wins

A calm moment. A shared smile. A person feeling heard. A crisis avoided.

These moments matter. Notice them when they happen.

Caring for yourself helps you show up with clarity, compassion, and calm — for the people who depend on you and for yourself.

Warm Moments Activity List

Sensory-Friendly Ways to Create Comfort & Connection

1) Warm Drink Moment (Non-Food Version Available)

Offer warm mugs to hold — empty or with tea/cocoa if safe.

The warmth in hands can be grounding.

Adaptations:

- add cinnamon stick to smell
- offer warm, scented washcloth instead of a drink for dysphagia safety

2) Cozy Textures Basket

Fill a basket with soft items to explore:

- fleece blanket square
- fuzzy socks
- soft scarf
- plush fabric scrap

Let people choose and enjoy textures.

3) Snow-Globe Sensory Bottles

Clear bottle + water + glitter + tiny snowflakes.

Shake, watch, settle.

Calming and visual.

Ask participants to choose their glitter colors or add a small charm.

4) Quiet Lights Corner

Create a low-stim nook:

- string lights
- soft blanket
- noise-reduction headphones
- calming music

A peaceful break space for anyone who needs it.

5) “Snow Without Snow” Sensory Bin

Options (choose based on sensory level):

- Cotton ball “snow”
- Shredded paper “snow”
- Rice + white pom-poms

Include scoops, cups, and spoons for exploration.

6) Weighted Blanket or Warm Lap Pad Break

5–10 minute grounding rest

(Use warm rice sock if no lap pad — check temperature first)

Regulates nervous system, reduces anxiety.

7) Winter Soundscapes

Play calming winter sounds:

- soft wind
- crackling fireplace
- gentle chimes
- winter forest sounds

Ask “Which sound feels calm to you?”



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Holiday Burnout Awareness Self-Check

How Are You Feeling Today?



Overwhelmed & Drained

- I feel emotionally or physically exhausted
- It's hard to focus or stay patient
- I need real recovery time

Please reach out! You don't have to hold this alone.



Running Low

- I feel stretched thin
- Small things feel bigger than usual
- I need rest, support, or a quiet moment

It's time to refill your cup — ask for support.



Worn & Weary

- I'm tired but managing
- I can focus, but it takes effort
- I need small breaks and kindness

Try a mini reset: warm drink, fresh air, deep breath.



Calm & Grounded

- I feel steady and clear
- I have energy
- I can be patient and present

What helps you stay here? Lean into it today.



Rest doesn't mean weakness — it prevents burnout.
Caring for yourself helps you notice needs and support others safely.



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