



Fitting News

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Ease into the day and reconnect with what matters most.



The Quiet Rituals That Keep Me Grounded

It's early morning. I hear the birds humming as the neighborhood slowly comes to life. Gentle rays of sunshine peek through my bedroom window, welcoming a new day. I quietly slip out of my warm, cozy bed, careful not to disturb my husband. Waiting for me outside my bedroom door is the familiar, unmistakable whimper of my precious cat, Heshie. Apparently, six hours apart is than enough

for him to miss me (or at least convince me that he has). More likely, though, he's reminding me that he and his brother's breakfast is now due.

As I make my way downstairs for my first glimpse of the outdoors, Ari, my other Persian cat, joins the chorus singing enthusiastically for his meal. I ask them both to be patient. Since English is their second language, my request falls on deaf ears. Feeling completely outnumbered, and hopelessly devoted, I *almost* surrender to their demands.

Starting the Day with Care

As a caregiver for both my husband and my pets, I need to start each day by caring for myself. I drink water to stay hydrated, eat something light for energy, and do a walking warm-up before heading out on my four-mile jaunt. My walk helps clear my head and live in the moment while appreciating the nature surrounding me.

Upon my return, I spend a few minutes [stretching](#) and practicing [balance](#) moves.

Once back inside and settled into reality: caregiving. My two cats are faithfully waiting, sweet and welcoming, meowing for full body rubs. I tend to the cats and then wake up my husband, who absolutely adores these little guys. Their presence brings him as much joy as they bring me.

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