

Casa Cares

During these challenging times, it is important for you to care for yourself so you may remain equipped to care for others. It is also important to be informed about care options and to discuss your wishes with a trusted friend or family member, so they can speak on your behalf if you're unable to speak for yourself.

We can help.

As a trusted community partner for more than 20 years, Casa de la Luz is here to support the Southern Arizona community through every stage at end of life.



Hospice | Palliative Care | Bereavement

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Caring for You

Conscious breathing is a way to alleviate feelings of stress, and requires little time and no equipment.

The Relaxing Breath 4-7-8¹

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
 - Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight. This is one breath.
- Now inhale again and repeat the cycle three more times for a total of four breaths.

¹ <https://www.drweil.com/videos/features/videos/breathing-exercises-4-7-8-breath>

Caring for the Community

Casa de la Luz is committed to supporting seriously ill individuals, caregivers, healthcare workers and community organizations through expert care, education and innovative programs.

Providing Superior Care

- ◆ We offer **24/7 support**, including assessment of after-hour patient needs.
- ◆ Our expert staff are available to discuss a wide range of topics from healthcare planning and caregiving issues to stress management and palliative treatment modalities.
- ◆ In addition to online grief support groups, our bereavement professionals host free special workshops for anyone who has lost a loved one.
- ◆ For more information, or to schedule an evaluation with a nurse call **520.544.9890**.