

As a carer, you are fulfilling an incredibly important role in making sure that someone has all they need in order to feel well looked after.

In turn, you should remember to look after yourself too. We have put together some top tips of how to look after your own wellbeing.

1. Eat well and enjoy a balanced diet

There are very strong links between what we eat and how it makes us feel. It's important to try and eat a balanced diet with plenty of food and drink that is good for you - with a little treat here and there for good measure!

2. Find a way to relax and have a go at some mindfulness

It's not always easy to switch-off when you are feeling stressed. Ironically, it can be hard to relax, even if you are feeling tired. Many people say that practising mindfulness can work wonders for shutting off from time to time. Try it and see if it works for you.

3. Manage your sleep and rest periods

Sleeping can be a challenge when you are caring for someone who may need attention during the night. However, ensuring that you have a calm and comfortable environment to sleep in when you are able to can be a real help to make sure that the sleep you do get is good quality. If you are still struggling to sleep because of the pressures you are facing, seek some guidance from your GP.

4. Speak to people who will understand and support you

Some carers may live quite a distance from people they know, or may not want to trouble them with their circumstances. We can offer a befriending or talk and support service for someone to talk to.

5. Find space for a bit of "me" time

It could be as simple as doing a puzzle book, knitting or reading, or something a bit more adventurous. Whatever it is, make sure you get a chance to enjoy it occasionally. Getting back in touch with what you like doing means that you will still feel like your own person as well as a carer.

6. Do a bit of gentle exercise and get some fresh air

Being active, no matter what the pace, can have positive effects on your mental and physical health. Whether it's a short stroll to the local shop, or something a little longer and more intensive, getting some fresh air can help you to re-balance and clear your head.

7. Try to stay as informed as you can

When we feel informed, it empowers us to feel that we are doing the best that we can possibly do. After all, knowledge is power! Don't be afraid to ask questions of professionals or find out more about any particular topics which you are unsure about.

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