

Parent Carer Wellbeing



How can we look after ourselves?

By having boundaries and saying NO to others (without guilt) more often

Booking in daily downtime (could be just 5 mins)

Getting sufficient sleep whenever that can be, day or night

Eating healthy food, regularly

Exercising in any way that you can

Noticing and naming what is stressing you and letting it out (maybe through keeping a journal?)

Knowing when you need more help (asking for help is a sign of strength not a weakness)

By allowing yourself to feel your feelings once a day for a few minutes (all feelings are valid)

Listening to your body

By maintaining your environment (home) as best you can and finding a spot that you can relax

By getting out in nature daily

By being positive, especially speaking positively to yourself

By prioritising yourself sometimes

By drinking enough.....water



Isn't it selfish to prioritise myself?

Self-care is not selfish

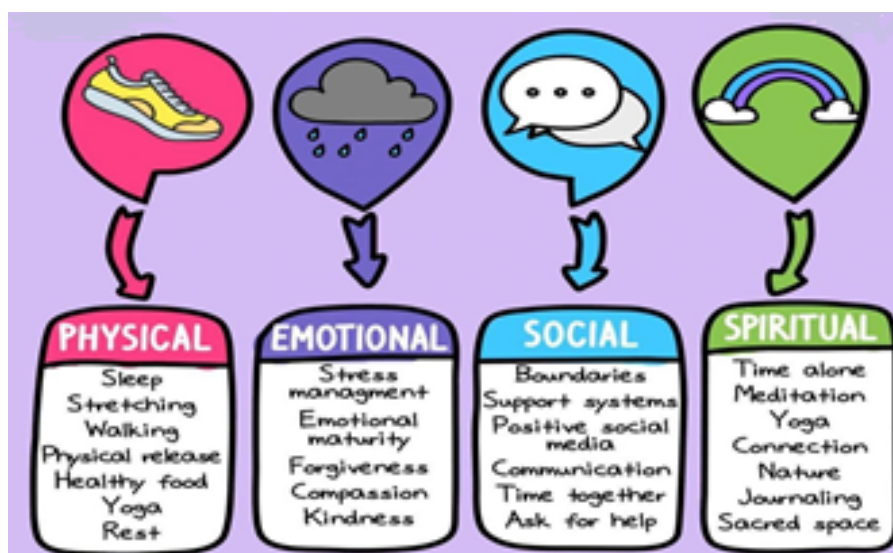
There are no 'ifs' and no 'buts'

There is not a single person who this does not apply to

Self-care is not selfish, it is necessary!

Self-care provides us with a solid foundation, allowing us to care for others to the best of our ability without experiencing compassion fatigue

In the same way we cannot pour from an empty cup – we cannot look after others unless we look after ourselves





How can I de stress quickly?

Dance –seriously, try it

Bounce/Jump/Shake it out

Go for a quick/fast walk

Lie down – feel the support beneath you and focus on your breathing, in for 3, out for 3, x3 times

Do some quick yoga stretches

Watch a comedy programme or watch something funny on YouTube – laughter really is good for the soul

Above all else remember these:

