



Carer health and wellbeing

It is important for carers to look after their own health and well being; for your sake and the person you care for.

Taking care of yourself

While stress is part of our daily lives too much may lead to physical and/or emotional exhaustion. Caring for someone naturally makes us want to put their needs before our own. It can be easy to experience burnout when taking care of someone. It is important that you look after your health and wellbeing so you can provide better care and keep caring for longer.

These are some ways you can reduce stress at any time:

- **Don't try to do everything:** do the things that matter most and forget about the rest.
- **Ask for help:** there are services and supports ready to help you.
- **There is always something to hope for:** don't let anyone talk you out of it.
- **Keep up social contacts:** organise regular catch ups with friends and family
- **Exercise, eat and sleep well:** even a nap, it's the best way to reduce stress
- **Acknowledge feelings and emotions:** speak with someone who understands like a friend, family member, counsellor or connect with people in similar situations
- **Don't give yourself a hard time:** you are doing an excellent job

For additional information about this topic scan the QR code.



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