

SELF-CARE TIPS FOR YOUNG CARERS

Looking after yourself can be difficult when you are caring for someone else, but it's important to focus on your own health and wellbeing too!

We asked our Young Carer Leaders to share some self-care tips, this is what they had to say:

YOUNG CARERS are children and young people, **25 YEARS AND UNDER**, who help **CARE** for a **FAMILY MEMBER OR FRIEND** with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

FUEL FOR THE FIRE

We've all experienced the energy crash and sluggish feeling after a binge on pizza and ice cream (and there is nothing wrong with enjoying your favourite comfort foods from time to time!) but try to keep your meals varied. Regular meals are a great way to keep your body and mind sharp. New recipes are a great way to motivate some healthier eating.

LIGHTS OUT AFTER DARK!

Recharge the batteries every night and try to get a good night of uninterrupted sleep, if you can... If not, naps are a great way to recharge. Keep them short and sweet for the best result.

MINDFULNESS

There are heaps of different mindfulness practices to keep you calm, present and grounded. A simple 10 minute meditation can help reset your state on mind when feeling overwhelmed. Breathing exercises and tapping can assist in bringing down feelings of anxiety.

GET PUMPED!

Regular exercise is fantastic for mental and physical health! You may feel the result of exercising just by going for a walk or having a dance sesh in your room. Start small!

Maybe get off the bus a few stops early and strut your stuff, pick up the pace and turn a leisurely stroll into a brisk walk, or feel the burn and take the stairs instead of the lift.

WHAT MAKES YOU HAPPY?

Treat yo' self, and have some me time! Find something small to focus on and take your mind off the stressful stuff. Make sure that nothing short of an emergency can disrupt it! Creating time to do the things you enjoy is rewarding and fulfilling.

Self-care is important inside and out, especially when you're going through a stressful period. Try a face mask or stretch for some external care, or try a walk or some journaling for some internal care.

Try not to feel guilty for having some me time! Everyone needs some every now and then. Feeling refreshed will also help you in other aspects of your life, including caring.

CREATE YOUR SPECIAL PLACE

Create a place where you can go to relax and unwind, such as a patch in the backyard; you could make it pleasant, maybe pull some weeds or plant flowers.



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For information, support or to join the Young Carer Community call

02 9280 4744

or visit www.youngcarersnsw.org.au