



Think About YOU

Get inspired to look after yourself

This is your monthly reminder to look after yourself and take some time out just for you. Read what other carers of all ages do in their free time and what helps them unwind. Pick up some tips and inspiration.

Asking for help – tips from a young carer

“It’s scary to ask for help, be it your parents, the online team, teachers or social services. When I first found out I was a carer I was talking to my head of year/wellbeing senior person at school. We were having a chat about home and I started talking about my brother and the stuff I do to help. He let me talk and then suggested that I was a young carer. Really it wasn't as frightening as I thought it would be as I trust him.

Try talking about something lighter first then when you have built up the trust maybe ask for the help you need. All these people are here to help you. Also asking friends building up trust will help as in my experience there are some people that realise your slightly different and use it against you. When you've discovered this it actually can help as then you can find better friends who will help you. Luckily I have only experienced a few of these horrid people, and the school was there to support me during it. Most friends really do want to help.”

To nap or not to nap...

Our recent guest expert Rosie says: “Sleeping for a short time can make you more alert and energetic and most people feel refreshed after a nap that lasts approximately 20 minutes. Longer naps can leave you feeling groggy, because they require waking up from a deeper sleep. It’s also important not to nap late in the day because this can make it hard to fall asleep at night. Even a short nap in the early evening can interfere with bedtime.”



Play video

motivational penguin

Feeling tense? Try this:

Breathe in deeply through your nose, tense every muscle in your body, breathe out slowly through your mouth while releasing all tension.



*“This quote helps me to keep going”
(Mumof2, adult carer)*

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We’d love to hear from you!