

Health advice for carers

Looking after yourself might be the furthest thing from your mind when you're a carer. But it's important to look after yourself too. You might feel guilty about self-care but if we don't take time for ourselves we're likely to burn out. One way you can take better care of yourself is to make simple changes to your lifestyle.

Get a good night's sleep

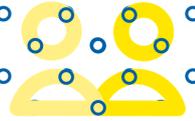
It's hard to switch off when we have a long to-do list but there are techniques to help you get a better night's sleep.

- Have a routine – go to bed at the same time every night and get up at the same time every morning
- Avoid screens – don't look at your phone, computer or TV before bed as it disrupts sleeping patterns
- Have a relaxation ritual – try having a bath and a cup of chamomile tea before bed. This will trigger your brain into winding down

Healthy eating

It can be easier said than done, especially when we feel tired – but what we put into our bodies is plays a big part in how we feel. A good diet means more energy, avoiding preventable disease and helps our immune system.

- Start your day with lemon juice and warm water instead of coffee
- Drink plenty of water
- Have a healthy breakfast to kickstart your day – don't put it off, even though its tempting
- Be mindful about what you're eating – have more vegetables, fruits and grains



Get moving

Exercise might sound unrealistic, especially if you're feeling tired and have a big to-do list. But as little as 20 minutes of exercise a day can improve your mood, your energy and your fitness levels.

- Try yoga – there's some great videos on Youtube
- Go for a walk
- Try out a new class like dance

You might be tempted to skip some of these things to get ahead start on your to-do list or because you feel worn out. But these small changes could make a huge difference to your energy levels.

Remember, you can't pour from an empty cup and taking care of yourself is important.

Are you or the person you care for an engineer?

Foothold offers support to carers or those they care for who have worked within the engineering sector. From practical support like home adaptations or equipment, to wellbeing support. If you have less than £50,000 in savings, get in touch.

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