

# Self-care for carers

There are a lot of reasons to put our own self-care on the back burner – especially if you’re a carer. But self-care is important to our physical, emotional and psychological wellbeing. Taking breaks and finding ways to relax are vital to your health. The problem is, as a carer, there’s probably a lot of reasons preventing you from taking care of yourself. So, let’s break down why you might not take care of yourself and how you can do something about it. Grab a pen and some paper and let’s work through it.

## What does ‘self-care’ mean to you?

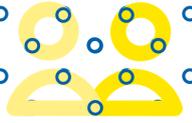
When you think about the things that refresh and relax you – what are they? Write a list of all the things that make you feel better. Maybe it’s going to the gym, reading a book, meditating. What are the things that calm you, relax you and make you feel better?

## What are the reasons stopping you from taking care of yourself?

What are the things that make you feel guilty about taking care of yourself? What are the reasons that stop you from taking care of yourself? There might be practical things like money and timing. Or there might be things like feeling guilty or selfish for taking time or yourself.

## Breaking through those reasons

Now you’ve identified what self-care means to you and what is stopping you from doing it. Let’s challenge some of those reasons. What are some of the negative things that came up in your list? Why do you feel guilty or selfish? As we begin to break down and challenge this way of thinking we see that there actually isn’t a good reason to not prioritise our self-care.



### Write down the reasons why it is important to you

You've made a list about what self-care looks like to you, you've thought about what barriers are in the way – now you should think about why it is important to you. Why is it important to you personally that you take time for yourself? Reasons might be that it helps you avoid burnout, that it makes you feel less stressed.

### Let's plan our self-care

If we plan for our self-care we're more likely to commit to it. Keep it achievable and realistic. So, let's pick something from our list that we can achieve – maybe swimming once a week. Then think about how you will feel after you've done it.

## 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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