



## **CARING FOR YOURSELF**



**Carers of West Lothian**

Sycamore House, Quarrywood Court, Livingston EH54 6AX  
Tel: 01506 448000 | Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com) | [www.carers-westlothian.com](http://www.carers-westlothian.com)  
Scottish Charity SC019628 | Company Limited by Guarantee Company Number SC226434

## CARING FOR YOURSELF

Caring for yourself is an essential part of being a Carer. The more able you are to look after yourself the more able you will be to cope with the demands of your caring role.

Often it can be difficult for carers to put themselves first, however if we don't look after ourselves how can we look after the people we care for?

You are the expert on your life and we would never assume to dictate how you should take care of yourself, however we have listed below some suggestions for you to think about.

### PHYSICAL HEALTH

- Try to get a decent sleep
- Eat healthily
- Get outside for some fresh air and natural daylight
- Try to get some light exercise such as a walk (also good for your mental health)

### MENTAL/EMOTIONAL HEALTH

- Try to relax and allow yourself to do nothing (switch off your mobile phone even for 5 mins)
- Do something that makes you smile (go fishing, golfing, read, paint, draw, knit, sew, colour in, bake a cake) the activity isn't important, what's important is that it makes you smile
- Listen to music that you love
- Talk to someone. It's good to talk.... (try one of our support groups, e.g. walking group or coffee morning)
- Take a break from technology particularly Social media (un-plug, even for 5 mins)
- Allow yourself to feel what you are feeling even if it's unpleasant
- Practice self-compassion, you are doing the best you can

We also run well-being courses such as Understanding stress, Emotional resilience and Mindfulness. If this would interest you why not call and find out more.

**For more information contact us:**

**Phone: 01506 448000**

**Email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com)**