

Caring for myself



Stay connected

Social support is important. Talk regularly to someone you trust and who understands your situation and feelings. This might be family, friends, a community, religious or spiritual leader, a neighbour, or a volunteer.



Consider different ways of relaxing

Relaxation is different for everyone. Some people find meditating or doing a breathing exercise relaxing. Others enjoy stretching, reading a book, listening to music, or doing pleasant activities with the person they care for.



For more information

iSupport Module 2 "Being a caregiver"
Lesson 4 "Involving others"

Module 3 "Caring for me"
Lesson 1 "Reducing stress in everyday life"
Lesson 2 "Making time for pleasant activities"
Lesson 3 "Thinking differently"



Focus on relaxation

Relaxation makes you feel less tense. It can also help you to be more effective in getting tasks done and will allow you to provide care for longer. Try to do something relaxing every day.



Think differently

- Many people think that events make them feel angry, sad, happy or guilty. However, it is how you think about them that makes you feel that way.
- Positive and helpful thoughts can help you manage difficult or stressful situations.

What is the event that is making me feel upset?

What are my unhelpful thoughts?

What would be a more helpful way of thinking?

How could helpful thoughts make me feel better?