

Looking after yourself

FOR CARERS

When you're caring for others, it's easy to put yourself last. This can be especially true when caring for kids who require increased supervision and support. It only takes a few minutes each day to look after your own physical, emotional and mental health.

Recognise your body's signs of stress

Be aware of changes in your mood, physical health and energy levels.

Stay connected

Maintain social connections with family members, friends and other carers.

Rest

Get enough sleep, make time for relaxation and access respite care regularly

Be Optimistic

Think about the positive things in your life – focus on past successes and what is working well

Set boundaries

Prioritise, set limits and work with your caseworker to determine what you can say 'no' to

Get active

Make time for regular exercise, alone or with others

Eat well

Maintain a healthy diet and lifestyle – but don't forget to treat yourself

Seek help when you need it

Access counselling services, support groups and your caseworker. Ensure you understand what is required when supporting kids displaying PHSB.

Be mindful

Take time to breathe, ground yourself and be spiritual in a way that's meaningful to you

