

Caring for yourself as a carer

You matter too

Caring for someone can be tender and tiring. You may be holding practical tasks, difficult feelings and long hours of uncertainty. Your needs still matter. Small moments of care can help you through the day.

Begin with what is possible

Keep a glass of water nearby. Eat something simple when you can. Sit down for a few minutes, even if there is more to do. Step outside or open a window and notice the air on your face. There is no need to do all of these things at once.

Let someone help

If someone offers help, you might ask for a meal, shopping, a lift, a phone call or an hour of company with the person you are caring for. A specific request can be easier for others to answer. Accepting help gives you more room to be present with the person you love.

When it feels overwhelming

Pause and feel your feet on the floor. Let your shoulders soften if they can. Take one unhurried breath, then ask: what is the next small thing needed? You do not have to solve everything in this moment.

A gentle reminder

Rest is part of caring. You can love someone deeply and still need a break. If you need more support, tell someone you trust or speak with your care team.