

Carers need a **BREAK** too

The COVID-19 pandemic has been difficult for carers.

Care staff have had to make changes to the way they deliver care and have experienced increased illness and death of the people they care for.

At the same time they are worrying about their own health and the health of their families.

Carers are also important, and so it is essential that they also take the time to care for themselves and their own wellbeing.

B

BODY

Look after your body by continuing to eat a healthy diet and keep hydrated. Physical exercise will help to promote good sleep. Take regular breaks in a shift and between shifts.

R

RELATIONSHIPS

Keep talking to your family, friends and colleagues. Tell them how you are feeling as they can be a good source of support.

E

EMOTIONS

You are likely to be experiencing a range of emotions, you may feel stressed, worried and overwhelmed at times. This is normal response to a very challenging situation and is not a sign that you are not coping well or that you are weak.

A

ATTEND

Pay attention to what you are doing right now. There are many demands on your time. It's easy to become worried and distracted by all the things you have to do. Take one task or one minute at time. You will get there, and if you don't, ask someone to help.

K

KINDNESS

Be kind to yourself. You are doing an amazing job. The people you care for and their families really appreciate what you do. You may not always get it right, but when you do your best that's good enough!