

Carer Toolkit

It's really important to take care of yourself, especially if you're taking care of others. There's a saying that goes, "You can't pour from an empty cup." When you make time for yourself, you'll have the energy and space to be a calm and present carer. This helps the person you're caring for feel safe and comfortable.

Why taking care of yourself matters:

Being a carer can be tough—physically, emotionally, and mentally. Carers often prioritise others' needs and forget to do the same for themselves. That's why it's important for all carers to look after and be kind to themselves. When you're kind to yourself, you're more likely to be strong, patient, and positive about what's happening around you. This can also prevent burnout and stress.

Signs that you might be experiencing burnout include:

- Feeling irritable.
- Being tired or run down.
- Having trouble sleeping.
- Overreacting to small things.
- Trouble concentrating.
- Feeling resentful.
- Cutting back on activities you enjoy.



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If you notice these signs, it's time to 'fill up your cup' with things that bring you joy. As a carer, it's important to have your own interests and hobbies and use self-care strategies to keep your life balanced.

Tips to fill your cup:

- Create a sleep schedule for at least 8 hours a night.
- Exercise—take a walk, ride a bike, or dance.
- Drink plenty of water.
- Start a personal journal to express your thoughts.
- Take an hour each day just for yourself.
- Set limits for what you can do.
- Don't overload your daily to-do list.
- Share your feelings with others, like family or fellow carers.
- Join a support group.
- Don't be afraid to ask for help, and try to share the load so you don't become overwhelmed and exhausted. Let family and friends help with chores or meals.

And most importantly, give yourself credit every day. You're doing a great job!

