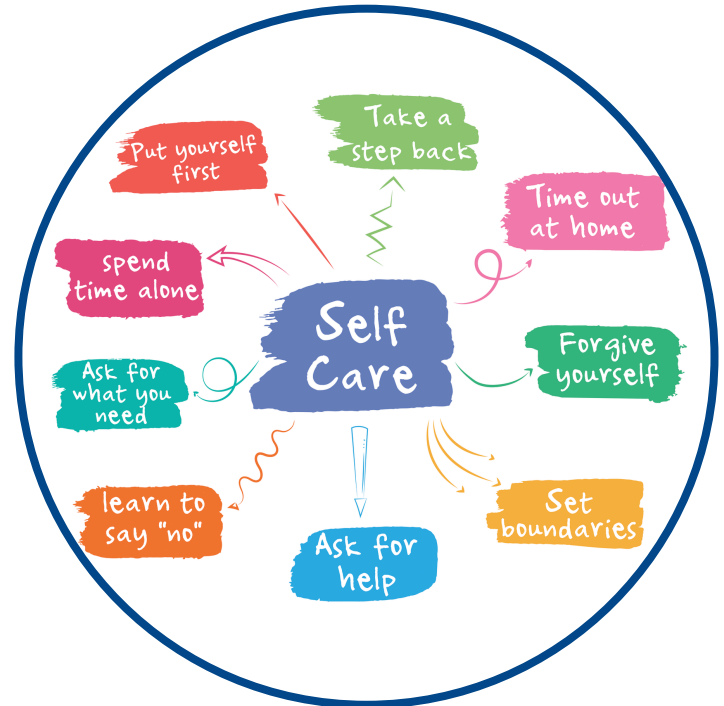


Self Care for Carers

As a carer to someone with CF it is important to ensure you are also taking time to practice self-care. Practicing selfcare can build resilience and coping skills, avoid stress from becoming overwhelmed and can prevent the development of more persistent symptoms of anxiety or depression.

What is self care?

Self-care refers to activities that preserve and maintain one's physical, emotional and mental health. It is an ongoing commitment to look after yourself through helpful behaviours that protect your health during periods of stress. Here are some suggestion of ways to implement self-care:



Physical

- Eat a healthy, balanced diet.
- Exercise a few times a week.
- Make time for activities you enjoy and that help you to relax.
- Monitor and manage your stress in positive ways e.g. meditation, walking.
- Ensure you have enough sleep.
- Limit the use of alcohol.
- Seek respite when required.

Relationships

- Attend a carers group for support.
- Spend time with family and friends. Close personal relationships can be especially important during challenging times.
- Recognise when you need help from others and ask for support. E.g. friends, family, GP, psychologist or another health professional.

Work-life balance

- Try to achieve a balance between your professional role and your personal life and leave space outside of work for things you enjoy.
- Get involved and join a group with common interests.

Spirituality

- If you have spiritual beliefs, take time for regular spiritual practice or spend time with others who share your beliefs.
- Practice gratitude.

Useful resources

- [Parents & Carers Webpage](#) (CFWA)