

# TIPS FOR CARERS



Caring for loved ones isn't always easy. Emotions run high and it can be very stressful. Remember you are not alone. It's ok to reach out for support and help, just take that first step.

## ACKNOWLEDGE YOUR FEELINGS

You will experience many different feelings and emotions. Accept these and don't feel guilty. You're only human after all.



## ASK FOR SUPPORT

Don't be afraid to get help from the rest of your family, if you can, and a life coach and other professionals.

## MAKE A CONNECTION

Spend dedicated time being with the person you're caring for, not just doing. Do things together, no matter how small.



## LOOK AFTER YOURSELF

Take care of yourself so you can take care of others. If you have a job and a family as well, you need to take time out for yourself.

## ASK YOUR COMMUNITY

Find out about local services on offer or support groups you could join. Talking to other people in the same situation is very useful.



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