

## Self Care for Carers

- Are you eating regularly (once, twice and/or three times per day, depending on what is normally regular for you?)
- Are you eating healthily most of the time?
- Are you prioritising time to buy the necessary ingredients and cook/prepare them?
- Are you taking vitamin D in winter?
- Are you drinking plenty of water daily? (The NHS recommends drinking 6-8 glasses of fluid a day.)
- Are you exercising regularly? (Walking is an excellent form of exercise and has many health benefits especially if done outside. It is good for your cardiovascular system, it strengthens bones and muscles and helps to manage stress.)
- Are you attending all your medical appointments/checkups?
- Are you taking your medication as prescribed?
- Are you receiving massage?
- Are you getting adequate sleep? (It is suggested adults need between 7-9 hours per night. While we can get by with less sleep for a short while, if this goes on for too long it starts to cause health implications for brain and body.)
- Are you taking breaks from TV, social media, telephone?
- Do you take time each day to stop and pay attention to the sensations in your body and notice how you are feeling? (By doing this regularly you can start to notice when you are becoming stressed and can look to take action to reduce it.)



Olga Chernyavska's self care checklist.

Olga is a Mind-Body therapist, interested in the interconnection of the mind and body, preventing ill health and improving wellbeing. For more information about Olga and the online services she provides, please visit her website: <http://www.occounsellingandpsychotherapy.org>