



# Think About YOU

*Get inspired to look after yourself*

*This is your monthly reminder to look after yourself and take some time out just for you. Read what other carers of all ages do in their free time and what helps them unwind. Find out how they deal with stress and look after their mental health. Pick up some tips and inspiration.*

## Coping with unexpected change

“Change is never easy, even when we know what is going to happen. [...] Very often when change happens which we have no control over, it can make us feel as though we are out of control, it can scare us and cause us real worry.”

“The best way to deal with unexpected change is to try and just notice what is happening. Accept that change is happening, don't try and run away. Work out what your fears are, you could write about how you are feeling, or talk to someone.”

“If what has happened is something you can't change, maybe ask yourself what good would you gain by becoming angry or getting worried, will it help the situation, make the problem go away? Maybe what you need to do is see it as a challenge and either fix it, or make the most of it.”

“Admitting you don't actually like what is changing is a big way forward to dealing with your feelings around change.”

(Excerpts from [Matter Q&A](#) with guest expert Karen)



## Keeping a journal

“My friends and I have taken up a challenge to write in a journal for 30 days. So far my entries seem awfully poetic. It had a good effect on me mentally as I was letting go of my thoughts and it was kind of like ranting. At the end of the day it's good to let go of everything you bottled up inside.”

(Lana, young carer)

## A digital colouring book



“The app I used for this is quite good its called [Zen colouring](#). I like it because calms my nerves down.”

(mary moo, young carer)

## “What do you do when you are feeling low?”

“I have [Pinterest](#) and I have made myself on there a coping toolbox. I save nice pictures, quotes and recipes from Pinterest that make me feel happy and inspired then when I get down I can look through it.”

(Mumof2, adult carer)

