

# How to prevent carers' fatigue



## SEEK SUPPORT

Don't hesitate to ask for help from family, friends, or professional respite caregivers. Sharing the caregiving responsibilities can provide much-needed relief.

## TAKE REGULAR BREAKS

Schedule regular breaks for yourself, even if it's just a short walk or time to engage in a hobby. Taking care of your own wellbeing is vital.

## JOIN A SUPPORT GROUP

Connecting with other caregivers in support groups can be helpful. It provides a safe space to share experiences, seek advice, and gain emotional support.

## PRACTISE SELF CARE

Remember that you are important too! Prioritise self-care by getting enough sleep, eating well, and engaging in activities that bring you joy.

## PRACTISE RELAXATION TECHNIQUES

Meditation or breathing exercises to help keep your stress levels in check. You can use free apps such as Insight Timer or Smiling Mind if you would like some guidance or support.

## STAY INFORMED

Educate yourself about your loved one's condition, available resources, and caregiving techniques to build your confidence and reduce stress.

## SEEK COUNSELLING

A professional counsellor can help you to process feelings and manage stress levels. You may be able to get a mental health plan through Medicare via your GP to help subsidise the cost of a counsellor for up to 10 sessions a year. You can also visit [Beyond Blue](http://www.beyondblue.org.au) ([www.beyondblue.org.au](http://www.beyondblue.org.au)) or [Lifeline](http://www.lifeline.org.au) ([www.lifeline.org.au](http://www.lifeline.org.au)) or call 13 11 14) for online or telephone counselling.