

Young Carers' Self-Care Factsheet

As a young person with a caring role, it's important you look after yourself. This factsheet gives you easy ideas to help you stay well, have fun, develop your skills, and take breaks from caring. You'll also find details of trusted organisations, including some in Hertfordshire, where you can get support or join in with activities.

If you have suggestions to add to this list, please email us at young.carers@carersinherts.org.uk or call 01992 58 69 69.

You can also visit our website for the latest news and activities at www.carersinherts.org.uk/young-carers/activities-for-young-carers

Support your mental and emotional health and general wellbeing

- **Try deep breathing or mindfulness activities** such as yoga as it can help reduce stress, anxiety, and boost your physical health.
- **Take short breaks** – even 5 minutes to breathe, stretch, or get fresh air, can help you reset.
- **Try to keep a routine** – a bit of structure can help you feel more in control.
- **Talk to someone you trust** – sharing how you feel can lighten the load.
- Try to **get enough sleep** – the recommended amount depends on your age, but is around 8 to 10 hours a night for five to 18-year-olds.
- **Keep hydrated** – drink enough water to support body health, and **eat small, balanced, steady meals**, to help keep your energy up.
- **Know your limits.** If you are feeling unwell or run-down, rest or ask for help.



Socialise



Spending time talking to, or meeting up with friends, gives you a break and lifts your mood.

You could join a club, at your school or near where you live.

Staying connected helps you feel supported and less stressed.

Do some physical activity

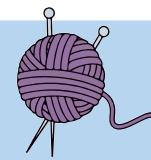


You don't need to do long workouts, regular short five to 10 minute bursts of activity can make a difference. You could:

- Go for a walk or bike ride.
- Do exercise whilst watching TV.
- Dance
- Play football or tennis, and more!



Keep busy
with activities



Read. If you have an account (library card) with Hertfordshire Libraries then you can borrow ebooks and audiobooks online for free through the BorrowBox app. Learn more at www.hertfordshire.gov.uk/services/Libraries-and-archives/Books-and-reading/Ebooks-and-Audiobooks/ebooks-and-audiobooks.aspx

Writing – keep a journal or write a story, some lyrics or a poem.

Make a playlist of songs that make you feel good.

Do some **crafts** – art, sculpting, drawing, photography, and more!

Learn a fun skill - music, coding, drawing, or baking.

Gaming or do puzzles.

Check out some museums without leaving home as some have virtual tours. www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours



Digital
wellbeing

Stay healthy online by:

- Taking breaks from screens.
- Keeping social media positive; and
- Muting or unfollowing unhelpful content.

There are some useful resources at

www.childnet.com/help-and-advice/digital-wellbeing-for-11-18-year-olds/
and www.bbcchildreninneed.co.uk/about-us/staying-safe-online/



Useful contacts

BBC Children in Need: For activity ideas: www.bbcchildreninneed.co.uk/everyday-magic-activity-gallery

YoungMinds: A mental health charity for young people and their parents. <https://youngminds.org.uk> and an advice line for parents 0808 802 5544.

WithYouth run by Mind: Offers emotional and practical support for young people in Hertfordshire. There is instant messaging support available 5pm to 10pm every day except bank holidays, and a helpline at 0208 189 8400. www.withyouth.org

Sandbox by Mindler: A directory of mental health support for young people in Hertfordshire. <https://thesandbox.mindler.co.uk/hertfordshire>

Hertfordshire County Council Services for Young People: Provides careers guidance and work-related help for young people. www.servicesforyoungpeople.org or call 0300 123 7538.

For **Young Carers:** Identification, assessing support needs and more. www.hertfordshire.gov.uk/youngcarers or call 0300 123 7538.

Herts Sports and Physical Activity Partnership: Connects you with activities and provides resources about being active. <https://sportinherts.org.uk/children-and-young-people> or call 01707 284229.

Don't forget us, Carers in Hertfordshire: We organise activities to bring young carers together, have a break from their caring role, and opportunities to be heard and shape health and other services. www.carersinherts.org.uk/young-carers or call 01992 58 69 69.

