

## TIPS

# Feel good tips for carers

- Have regular contact with others.
- Talk with your friends, family, and partner.
- Spend time with people who make you feel good.
- Make time for YOU to go for a walk, have a cuppa with a friend, watch a movie, read a book, go shopping, play some sport, and go to yoga or a meditation session. Any number of activities that allow you to switch off.
- Find other carers, ask your foster care agency if there are carers who live near by. Join a support group and connect with others who know first hand the challenges and rewards you face.
- Have something to look forward to; It could be a fun activity with the child.
- Look after your body: exercise, healthy eating, and plenty of sleep support a healthy lifestyle. Remember to schedule regular appointments with your GP.
- Reach out and talk to the caseworker. Ask how they can support you?
- Take a break, plan and take breaks. What respite is available? Look at holiday camps, school holiday programs and cultural tours for the child.
- Find a hobby.
- Keep learning new things.
- Ask your foster care agency about training and conferences you can attend.
- Building on knowledge and skills will support you in the role.
- Connect and be involved in the community. Attend community events and festivals.
- Laugh! Remember to keep your sense of humour! Try to take a positive approach.
- Take a holistic approach - Do something for your mind, body, spirit and culture.
- You may like to enjoy some fishing or hunting, or go out to country, have a yarn, participate in church activities, and grow your spirituality.