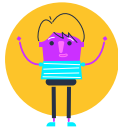


Young carers' self-care pathway



What is self-care?

Children show an ability to use behaviours intentionally, consistently and purposefully to take care of their mental and physical health. They are aware of emotional triggers and are able to use regulatory strategies to help keep themselves emotionally well.

[Watch our self-care animation >](#)



Young carers and self-care

It can be hard to find time for ourselves when we're providing support for others, but we can't do a good job of looking after someone else if we're not feeling well ourselves. That's why it's so important that we develop the self-care strategies that work for us, and build time into our daily routines for these. It's about

noticing how we're feeling, and responding to those emotions instead of just ignoring them.

It's ok to put ourselves first sometimes. It's ok to ask for help.

Try these self-care stormbreaks

