

# daacss

Derbyshire All Age Carers Support Service

## My Wellbeing

How to care for yourself while  
caring for others

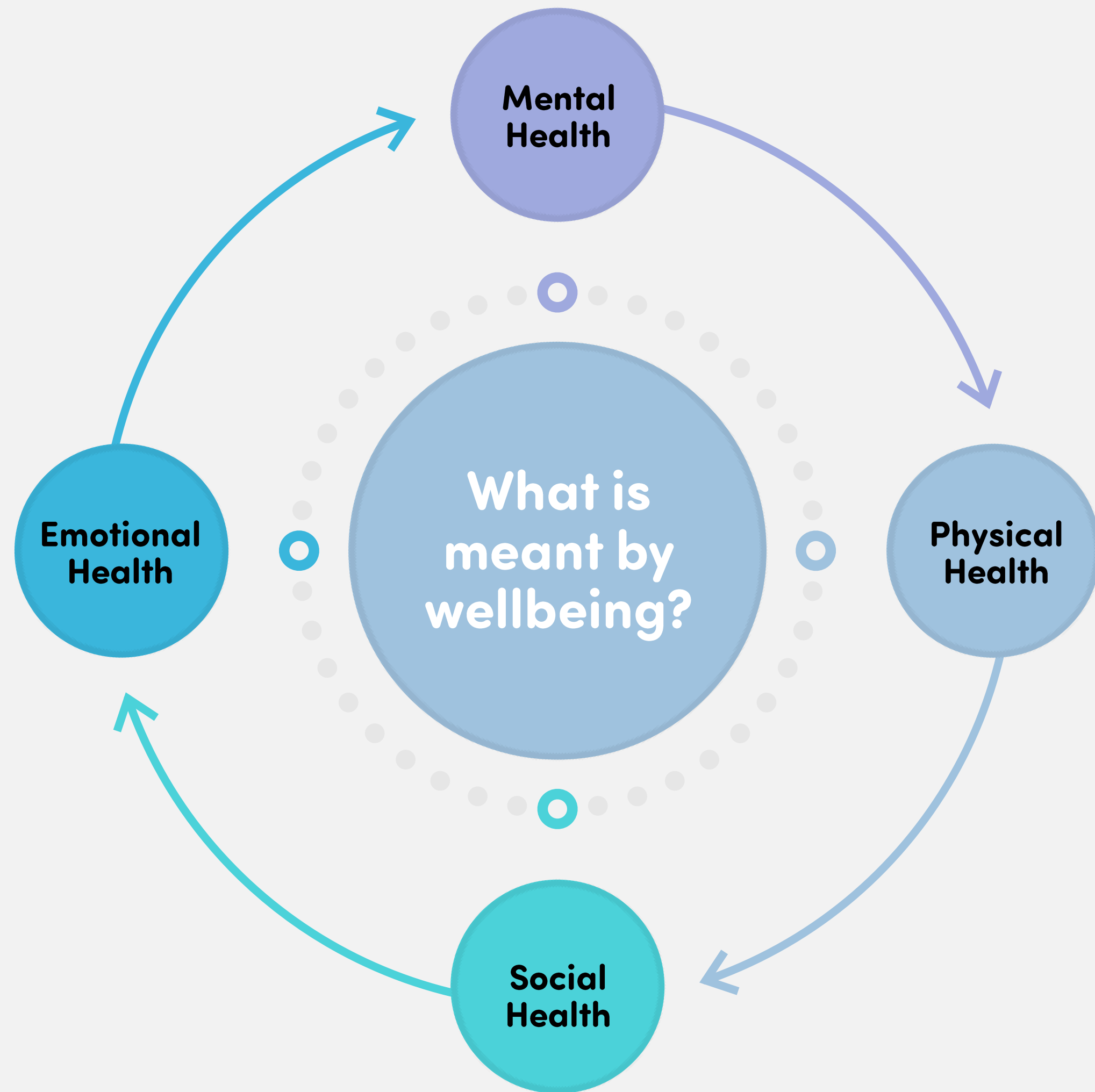






# Aims of this Session

- Understand what is meant by 'wellbeing'
- Explore how being a Young Carer might impact your wellbeing
- Ideas for managing or improving your wellbeing





01

### Mental Health

- Being able to cope with challenges

02

### Emotional Health

- Feeling loved and respected
- Understanding our feelings

03

### Social Health

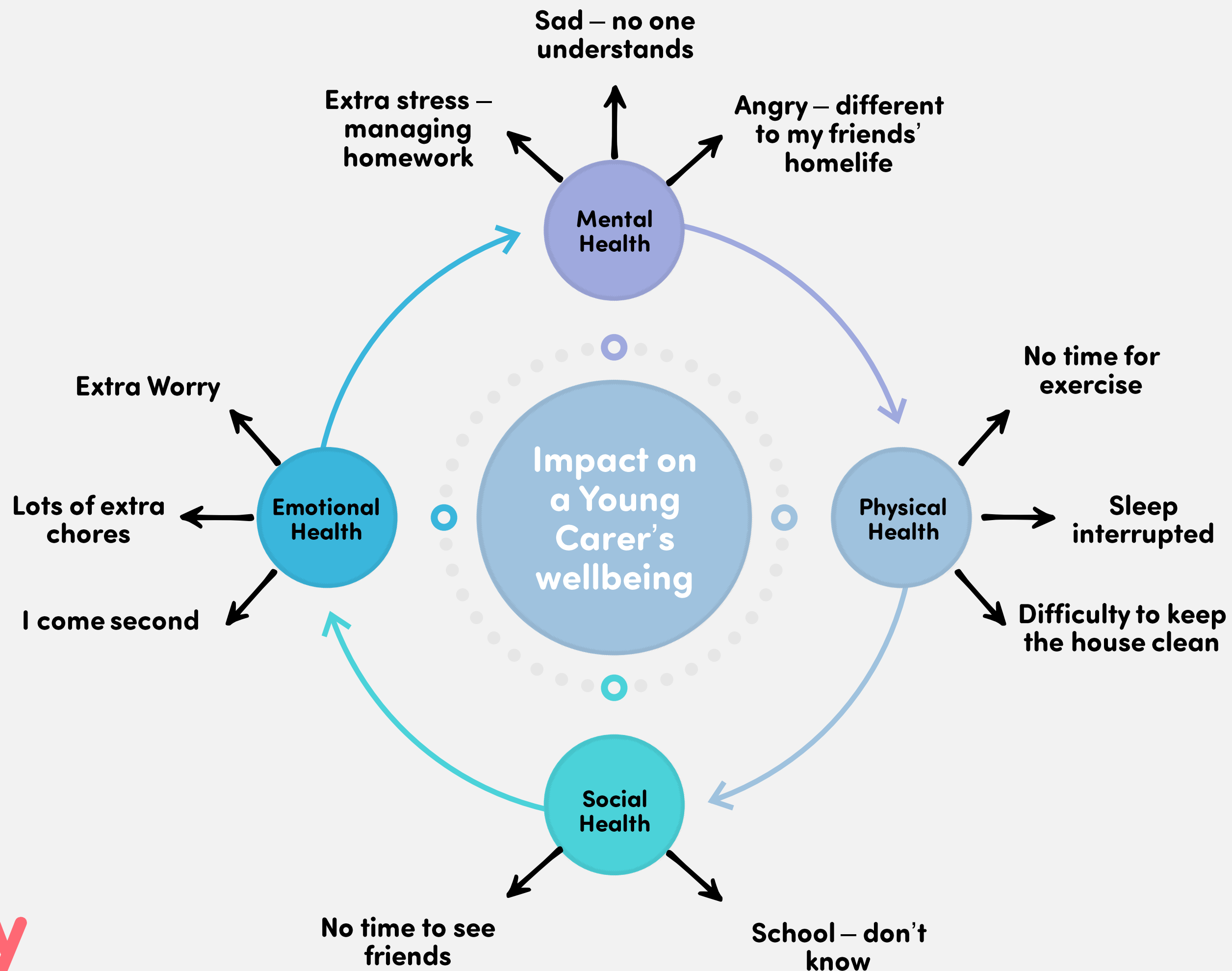
- Good friends
- Trusted adults

04

### Physical Health

- Getting enough sleep
- Eating well
- Time to play or exercise

# Group Activity



# More ideas...

Hit or squeeze something soft	Exercise	Distract yourself
Try punching a pillow, squeezing a soft ball really hard or popping bubble wrap.	Go for a run or do any exercise that you enjoy.	Try doing something completely different, like playing a game, watching TV or reading a book.
Breathe	Talk to someone	Write it down
Try counting to ten or doing some breathing exercises before reacting.	Tell someone about what's making you angry. Their point of view might help calm you down.	Write everything you want to say down, and then throw it away or delete it.





## What can the Derbyshire Young Carers Team do to support you to **care with confidence?**

- One to one support
- Raise awareness and support in school
- Opportunities to meet other YCs

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