



Good Housekeeping*

woman

loveit!

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Podcasts

SPIRIT
WELL-BEING PODCAST



www.whocares4carers.com



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**Life is not about
abstaining and enduring,
it is still about enjoying,
especially if you are a carer.**



A photograph of a white teapot pouring water into a white cup on a saucer, set on a silver tray. The background is a soft, out-of-focus indoor setting. The entire image has a semi-transparent purple overlay.

**You cannot pour
from an empty cup**

So it's time to fill up!



CLARITY

What normally happens
when we start caring?

We are dealing with so much

THE PANDEMIC
ANXIETY LACK OF SLEEP
DISTRICT NURSES
SOCIAL SERVICES
BENEFITS/FUNDING
FAMILY CARE AGENCIES
DOCTORS SPECIALISTS
FINANCES FORM-FILLING
CARING FOR LOVED ONE

A woman with long blonde hair, wearing a blue sweater, is shown from the chest up. She is resting her head on her hands, with her fingers spread against her cheeks. She has a thoughtful or slightly sad expression on her face. The background is a blurred indoor setting with a window and some papers on a wall. The entire image has a semi-transparent purple overlay.

How are you feeling?

How are you feeling Mentally?

**Thoughts are the language
of the brain**

70,000 thoughts a day

Many of our thoughts are on a loop

What thoughts are not serving you?

Are they positive or negative?

How are you feeling Emotionally?

**Emotions are the language
of the body**

**We often suppress and ignore
our emotions but these are a signal
if something is good or bad,
'gut feeling'**

And how do they make you feel?

Your heart holds neurons

How are you feeling **Physically?**

**Thoughts and feelings,
if they go unchecked, impact the body**

The stress can build up unnoticed

**Continued stress can suppress
our immune system**

**Too many carers ignore their own
health, even cancelling appointments.**



Ways to gain clarity

**1. Meet with a good friend
once a week –
in person or over the phone
Zoom or Skype**

2. Journal



Becoming more aware of our thoughts and feelings, can help guide us to making better decisions

Self care is not selfish

Self care is not just about brushing your teeth or taking a shower. It is also about enriching your own life – having and doing things that make you feel happy and fulfilled – enjoying pursuits that put a smile on your face and even may make you feel excited. These daily pleasures, however small, are really important.

It's really important that you look after you!

Self care is about Enriching your life

What puts a smile on your face?

Thinking of a happy memory

Chocolate!

Having something to look forward to

**Knowing your love and support
is making a difference to others**

A baby's smile

**Favourite comedy
programme**

**Opening the curtains and
seeing the sun shining**

Self care is about Enriching your life

What makes you feel good?

Having a hot shower A good night's sleep

Smelling your favourite hand cream Yoga

Wearing your favourite top Walking in nature

**Buying a piece of
cake and enjoying it**

**Wrapping up warm on
a crisp cold morning**

Self care is about Enriching your life

What positive habits could you add to each day to give yourself care?

Putting on make-up Eating a healthy breakfast

Going for a daily walk Deep breathing exercises

Going to bed at a better time Knowing when to say 'No'

Being honest with others Ensuring you speak to a good friend or family member every day

Self care is about Enriching your life

**And what could you do with your
loved one, which you would both
enjoy together?**

**Taking them out for
some fresh air**

**Listening to a story
on audible or
a podcast**

**Watching a favourite
TV programme**

Reading a book together

Having a hug

Playing a game

**You, yourself, more than
anybody in the entire universe
deserves your love and affection.**

– Buddha

TELOMERES TELL A LOT

**Challenges, however difficult they are,
are here to help us evolve and grow**

Rise to the challenge. What are you learning?

What do you need to do to look after your health?

The bee and the fly



A close-up photograph of a rotting orange. The orange is heavily decayed, with a brown, textured surface and some white mold. Several flies are on the orange: one is on the top edge, one is in the center, and one is on the right side. The background is blurred, showing more oranges and some brown leaves.

**Where are you focussing
your attention?**

**Be a bee, focus on the
flowers in your life
Focus on the good stuff**



**“Where attention goes,
energy flows”**



YOU ARE AMAZING!

Three calls to action

- 1. Regularly check in with yourself**
- 2. Take regular breaks**
- 3. Give yourself permission to do one thing for yourself each day**

CARERS MASTERCLASS™

- **Empowers you to look after your health whilst caring, to enjoy life and value your worth**
- **Diving deep – giving solutions, personal experience, case studies and transformations**
- **All encompassing, five key areas of your life, helping you to manage your life and others**
- **Will inspire and motivate you to keep going, whilst keeping check of your own health**
- **Much of what you will learn you will be useful for the rest of your life**
- **Already delivered with great reviews from Carers at Richmond Carers Centre**

A hand holding a heart with radiating lines. The background is a dark blue gradient with a hand holding a heart in the center. The heart is a lighter blue color and has several thin, light blue lines radiating outwards from it, creating a sunburst effect. The hand is positioned at the bottom right, with fingers slightly curled around the heart. The overall image has a soft, ethereal feel.

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**Transforming the lives of carers,
their health & wellbeing**