

Your mental health as a carer

Learning how to manage your own mental health and wellbeing while caring for someone else, can sometimes be a balancing act. This course has been designed to give you information and tips to help.



Caring and relationships

Being someone's carer probably only describes part of your relationship with them. You may also be a parent, partner, sister, brother, child, friend or other family member. This relationship can be just as (or more) important to you. You may also have other caring roles as well, for example as a parent to other children.

Supporting others can be mentally and physically exhausting. If you feel your caring role is affecting your mental health then this course could help you identify what is important to you, and for you,

Take 'time out' and reflect on what you need

Keeping yourself well will help you be in a position to care for others. If you see it as your 'tank' of mental health and wellbeing needs to be topped up in order to have the resilience to go on caring, just like a car needs fuel.

Throughout the course we explain some feelings you might experience while caring for someone, and how these can impact your mental health.

Understanding common challenges

It can help to understand common challenges that many unpaid carers encounter, as this might make you feel less alone.

When caring for someone else, you might experience challenges and difficult feelings such as:

- Stress and worry
- Anxiety
- Isolation and loneliness
- Less time for yourself
- Depression
- Money worries
- Lack of sleep
- Guilt, frustration and anger
- Low self-esteem

Self-awareness

Reflecting on the caring situation you are in currently, is the starting point to know what small changes you may be able to make, that might help you feel more able to cope.

A small change can have huge benefits to enhancing our levels of resilience.

The course sessions will touch on various topics, for example:

- How to pay attention to the present moment (mindfulness)
- Staying organised, having a schedule and 'protected time' for you.
- Knowing how to take a step back, or support decisions made by your loved one, that are not what you would do.
- Benefits of eating healthy, exercise and being outdoors
- Benefits of laughter
- Finding positives in the relationship, by doing 'nice things' together.
- Being kind to yourself, self-compassion and acceptance
- Being realistic of what you can and cannot do

Who can access the course?

Carers aged 18 years and over, who

- Have identifiable needs, which may be met by the course offered.
- Live in Kettering and the surrounding towns and villages. (Former Borough of Kettering)

How do I access a course?

In the first instance contact us on the details below, to see if this is the 'best fit' course for you.

An application form for that course will need to be completed.

On receipt of this form the course facilitator will be in touch to discuss the days and times of available places.

Courses are facilitated from the Russell Street premises face to face where possible, and/or virtually.

Funded by :



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Mental wellbeing and resilience course for Carers

