

# Top 10 Tips

## for Improving Wellbeing of Carers

The role of working in adult social care is fulfilling, you truly make a difference to people's lives. However, it can also be mentally and physically taxing.

Here are our top tips for improving wellbeing for carers:

1

### Time to Relax

Downtime is important for relaxation. Go on a walk, practice some self-care or watch a movie.



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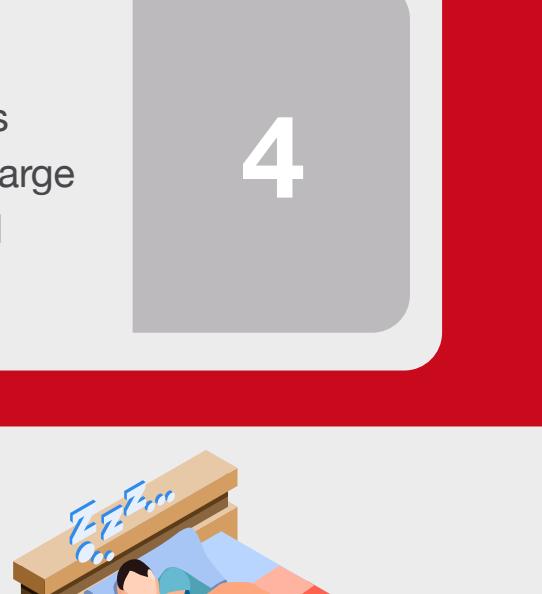
### Time for the Things You Love

Life isn't all about work. Making time for your hobbies gives you something to look forward to.

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### Social Connections

The Pandemic and lockdowns have been socially isolating. Make time to connect with loved ones to avoid feelings of loneliness.



4

### Exercise

Physical exercise releases endorphins, which has a large impact on positive mental wellbeing.



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### Sleep

Good quality sleep massively affects mental wellbeing. Aim for 6-8 hours of sleep a night.



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### Stay Hydrated

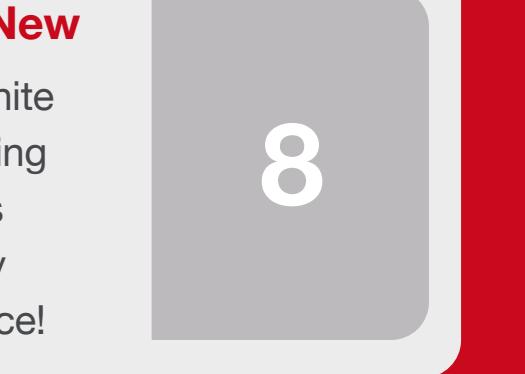
Dehydration has various negative impacts on physical and mental wellbeing. Aim for around 2 litres of plain water per day.



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### Nutritious Diet

A healthy diet can boost energy levels, cognitive functions and promote improved physical and mental health.



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### Try Out Something New

This is a great way to ignite excitement if you're feeling "Stuck in a Rut". Always wanted to take a pottery class? Now's your chance!



9

### Seek Help if You're Struggling

Don't struggle in silence. Talk to loved ones or seek help from a therapist or doctor.



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### Awareness

Greater awareness of mental wellbeing makes it easier to understand and respond to. The eBox e-learning platform has several interactive courses on: Wellbeing, Anxiety, Depression, Dementia Awareness, Diet and Nutrition, and Mental Health First Aid.



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