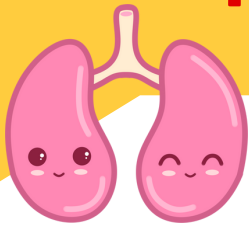


HOW CAN YOU TAKE A BREAK AS A YOUNG CARER?



PRACTICE BREATHING TECHNIQUES

WRITE IN A JOURNAL



PRACTICE MEDITATION



DO SOME GENTLE STRETCHES



GO FOR A WALK/SPEND SOME TIME IN NATURE



DO SOMETHING CREATIVE



LISTEN TO SOME MUSIC



WATCH SOMETHING FUNNY



READ A BOOK



CALL/TALK TO A FRIEND



GO FOR A BIKE RIDE



TAKE A BATH/SHOWER



EAT A HEALTHY MEAL



DRINK SOME WATER

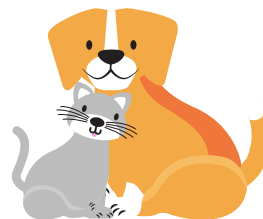


WATCH THE CLOUDS



HAVE A NAP

SPEND SOME TIME WITH YOUR PETS



LOOK AT THE STARS

REMEMBER

SELF CARE

is important too!

**Hampshire
Young Carers
Alliance**