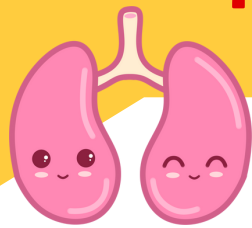


HOW CAN YOU TAKE A BREAK AS A YOUNG CARER?



**PRACTICE
BREATHING
TECHNIQUES**

**WRITE IN A
JOURNAL**



**PRACTICE
MEDITATION**



**DO SOME
GENTLE
STRETCHES**



**GO FOR A
WALK/SPEND
SOME TIME
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**



HAVE A NAP



**SPEND SOME TIME
WITH YOUR PETS**



**LOOK AT
THE
STARS**



**WATCH THE
CLOUDS**

REMEMBER

SELF CARE

is important too!

**Hampshire
Young Carers
Alliance**