

Download 1 - for Introducing How to Enjoy More 'You Time' as a Carer

If you put together a list of the things you'd like to do, you'll be much more likely to make the effort to use your time well so that some of them can happen. For example, a group of carers that I was working with created this Wish List as shown below:



Create your own Wish List on a large piece of paper. Take time thinking about what you'd like to do if you could do anything enjoyable – big or small – anything at all! In the coming days add any other activities that pop into your mind. This is an important list because as you work through the course and gain more 'You Time' you'll be able to make some of these things happen for you!

Exercise time guide: 10 minutes (spread over several days).

Juggling Tips:

- 1) Find easy ways to 'catch' any new ideas straight away so you can add them to your Wish List when convenient. For example, as they occur make a note on your phone, or keep a piece of paper and pencil with you for jotting them down.
- 2) If an idea seems too big – think about how you could divide it so that it's more achievable.
- 3) If something's not currently possible, consider how you could prepare for it in case you have the opportunity to do it in future. For example, perhaps you wish to go on holiday in a country that speaks a different language? At present that may not be possible but in the meantime, you may choose to learn some of that language or 'virtually visit' parts of that country by watching a selection of their Tourist Information/ YouTube videos.
- 4) If you're struggling to think of new ideas, you may find some inspiration by visiting our collection of indoor activities on our website at <https://www.jugglingcare.com/p/activities>.