

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're 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 of what you might do if you could do anything enjoyable – big or small – anything at all! Take time thinking about your own choices and keep this wish list in a safe place so that in the coming days you can add to it any other activities that pop into your mind. This is an important piece of paper because as you progress and use your time well as a carer, you'll start to have opportunities 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 for adding to your Wish List later 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 to be more achievable.
- 3) If something is not currently possible because of Covid restrictions, consider how you could prepare for it to happen once it does become viable again. For example, if you wish to holiday in a country that speaks a different language, in the meantime, would you like to learn some of that language or 'virtually visit' parts of that country by watching a selection of their Tourist Information/ YouTube videos?