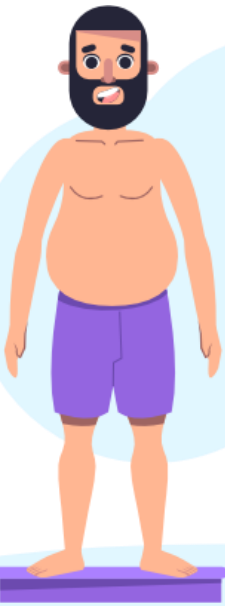


SELF-CARE: FIND YOUR 'HAPPY'

Digging down into what makes you happy is an important step to doing more of it! As a foster carer it's easy to forget about self-care, but if you don't take time to re-charge your own batteries, you won't be able to be there for the people you care for with the drive and energy you need.

When you can pinpoint what makes you happy, you can add more of it to your life ... it's a simple exercise, but an important one.



START FRESH

This process isn't about buying into what society dictates should make you happy, let go of pre-conceived notions of being thinner / having more money / fame and fortune ... this is about the small things in life that make you smile and warm you from the inside.

TAKE NOTE

Most people can think of a few things that make them happy, and the journal page will enable you to record these, but what will really make an impact is taking note of things as they happen and thinking about why they make you smile.

DIG DEEPER

Most people will add a version of spending time with friends, but what is it about catching up with friends for a Friday dog walk (for example) that brings you joy?

Cont.





It feels good to have time to talk without interruption?

I enjoy being outside in the open?

I love stopping for a coffee with my wee flask?

It's lovely just being me for a little while with my friends?

It's good to let off steam with people I trust?

If all those things make you feel happy, perhaps they don't need to just happen all at once on a Friday morning, ... could you carry aspects into other things.?

REMEMBER WHAT MADE YOU HAPPY AS A CHILD

What did you do that made you happy when you were younger before you cared what anyone else thought? What did you enjoy doing before you cared if you were good enough or worried about the expense or difficulty?

Did you enjoy coloring? A game of hide and seek? Rolling down hills? If it made you happy when you were younger, chances are it'll make you happy now ... why don't you find out!

REMINDE YOURSELF IT'S WORTH THE EFFORT

Sometimes it's difficult to motivate yourself to do something that requires effort 'to make you happy' when you're in your joggers with a mountain of ironing looming in the next room ... but reminding yourself it's worth it and taking the time to charge your batteries will make the other parts of your day feel lighter.

