

Looking after you

Practical tips for maintaining your own physical, mental and emotional wellbeing.

Here are some self-care tips that Kiind members report as being helpful.

- 1 Ask for help (and accept it)** from family, friends, neighbours and/or the parents of your children's friends. It can be difficult to ask, but it is important to continually develop and lean on your support network.
- 2 Keep yourself healthy.** Try to focus on your own physical, mental and emotional wellbeing:
 - **Eat** a sensible, well-balanced diet and drink plenty of water. Cook in bulk and freeze meals for future busy days when you can.
 - **Exercise.** Make it a priority even if it's a short walk each day.
 - **Sleep.** Get enough sleep (or try to). Make sleep a mission and practice good habits. Put devices away at least one hour before bed, relax with a bath or shower before getting into bed, read or listen to a podcast.
- 3 Access services** in the community. You can start by subscribing to Kiind's weekly [What's on activity and event guide](#), to find free or low-cost opportunities for carers to connect and take a break, along with inclusive events and activities for the whole family.
- 4 Connect with others.** Join an online or face-to-face peer support group related to your child's diagnosis, interests, goals for your family or current transition stage. Peer support groups can provide an invaluable, judgement-free place for parents and carers to connect with one another, let off steam, share knowledge, insights, ask questions and seek advice.
[Kiind Families Facebook Network](#) is a good place to start or register your interest to join a Kiind Parent Support Group. Also, [ConnectGroups](#) lists over 700 self-help and support groups.
- 5 If you are working, keep working** (if you can). A different environment can provide an opportunity to focus on other aspects of your life, to mix with other people (outside of the disability world) and just be yourself.
- 6 Ask for flexibility in the workplace.** It is reasonable to request flexibility in the workplace, such as reduced hours or the ability to work from home if possible.
- 7 Take a break** (if you can). This can be anything from a coffee and a read of the newspaper in the local cafe, attending a regular exercise class, catching a movie with a friend, or a weekend away with your friends or family.
- 8 Seek support.** If you are experiencing feelings of stress, grief, depression or isolation, understand that **you are not alone**. Speak to your GP, a counsellor or see low-cost mental health and counselling support in Kiind's [Useful Organisations directory](#).
- 9 Speak with one of our [Peer Navigators](#)** who can answer your questions, provide you with guidance and information as well as connect you with other families in similar circumstances.



Join Kiind (it's free)

Scan the QR code to become a member or visit kiind.com.au

Need help to navigate the world of disability?

Speak with one of our knowledgeable Peer Navigators for practical guidance, information and support.

kiind.com.au

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