

SANE

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Peer Group Chat Summary

Date: 09.11.2023

Topic: Caring for Yourself First

Description: It can be tricky to navigate the balance of caring for yourself and others for the same time. But, you can't care for someone else properly, unless you care for yourself first. Join us for a conversation around self-care, the importance of prioritising our well-being and an opportunity to share and learn from each other.

Summary of discussion:

- What taking care of ourselves might entail and look like
 - There are many ways taking care of ourselves can look - perhaps just as unique as all of us! It can be hard, but it's also important!
 - Being gentle with ourselves during the hard/difficult times and trying to keep our self-worth and self-esteem up
 - Making time for your own health and wellbeing (e.g., eating well, exercising, social connections, relaxation, healthcare appointments) even when you feel overwhelmed by caring for others or by others' expectations.
- Balancing caring for ourselves with caring for others
 - You can't help others if you aren't feeling good yourself (you can't pour from an empty cup), you need to make sure you fill yours up first so you have something to give!
 - If you don't take care of yourself first there is risk of burn out and physical/emotional exhaustion
 - Making sure that our mental health is as good as possible by reaching out to people, getting lots of rest and sleep, doing things to de stress, even if is doing the grocery shopping. Anything to help distract my thoughts and allow our minds to settle.
 - Maslow's hierarchy of needs
- Ways we could navigate any barriers to caring for ourselves, and prioritise caring for ourselves first
 - A lot of barriers can be around our feelings of guilt and worthiness as well as achieving balance between caring for ourselves versus caring for others.
 - Ensuring that we receive all support that we can from forums, family, friends, care teams, mental health professionals etc.
 - Being self-compassionate with ourselves and taking time out when we feel like we need to.
 - Scheduling in time where we can have 'me time' and creating a routine where we take some time for ourselves every day to fill up our own cup (even if we have to set a timer!)

Discussion questions

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- Q1. What might caring for yourself amongst caring for someone else look like? Or what would it ideally look like?
- Q2. Why might it be important to care for yourself first?
- Q3. Self-care relates to looking after our own needs. What needs of yours are important to be met?
- Q4. If you were to take the time to ensure your needs are also being met, what would the impact of that look like in your life?
- Q5. Do you find that there are any barriers to making time for yourself? If so, maybe we could think together about some possible solutions?
- Q6. How might you prioritise/navigate making time for yourself whilst caring for others?
- Q7. It can be really important to have support and care for yourself while you are supporting and caring for others. What support do you have around you for yourself?

Resources

These are the resources that were shared during the session:

1. Looking After Yourself <https://www.carergateway.gov.au/looking-after-yourself>
2. Prevent Carer Burnout <https://www.youtube.com/watch?v=EyeSbGBAmpl>
3. Carer Gateway Forums <https://forum.carergateway.gov.au/s/>

Continue the discussion over on the SANE Forums by following this link!

<https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Caring-for-Yourself-First-Thursday-9th-November/m-p/1357972#M27722>

Any ideas for topics?

We are always looking to improve and make the sessions as valuable as possible. If you have suggestions for group topics, please add them to the suggestion box on this page: [Peer Group Chat \(sane.org\)](#)

If you would like to provide feedback on the groups, please email feedback@sane.org.