



**A ZINE BY oTr**

# ***BEING A YOUNG CARER***

***A BOOKLET ON BALANCING SELF-CARE WHEN  
SUPPORTING OTHERS***

# WHAT IS A YOUNG CARER?

A young carer is a young person who provides care for a loved one that needs additional support. It often means taking on extra responsibilities ranging from helping with household chores to assisting in personal care.

Being a young carer means juggling many responsibilities whilst trying to keep up with different aspects of life, such as school, friendships and personal time. Some days may feel overwhelming, whilst others might bring a sense of pride. However, it is important to recognise what parts of daily life feel challenging, and what changes could be made to support you.

## REFLECTING ON DAILY LIFE

Let's start off by reflecting on what a typical day as a young carer looks like for you. Think about tasks, responsibilities and challenges. Then, think about what an ideal day would be- one where your responsibilities feel more balanced, and you have more time for yourself.

My Typical Day	My Ideal Day

Now compare both columns. What small steps could be taken to bring these days closer together? An example has been jotted down to help.

### **SETTING SMALL BREAKS ASIDE FOR YOURSELF DURING THE DAY**



By taking these manageable steps towards balancing caregiving with personal time, it allows us to get closer to a routine that feels less overwhelming.

Learning to set healthy boundaries, such as setting aside time for yourself, can also make a big difference.

By gradually making these changes, you can create a space in which you can still be there for others whilst also nurturing your own well-being.



# SUPPORT MAP

Having a strong support system can make a big difference in managing your responsibilities. Let’s identify the people and services that can offer you help. These can be family members, teachers, friends or professional services in which you can access when needed.

Below, we will create a support plan by outlining how each person or resource can assist you, and how you could ask for their support. An example has been provided:

Who	What help can they provide?	How can you ask?
<i>Teacher</i>	<i>More time on homework</i>	<i>Speaking after class or emailing</i>

REMEMBER

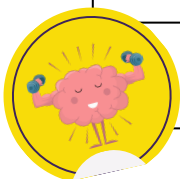
Asking for help is a sign of strength, not weakness. There are people around you who care and want to support you- you just need to take the first step in reaching out.

# RECOGNISING YOUR STRENGTHS



Through your caregiving role, you have developed valuable strengths that help you in many areas of life. Let's take a moment to reflect on these strengths and explore how they can also support your self-care. For example...

Strength	How I developed it	How it helps in Life	How I can use it for self-care
<i>Patience</i>	<i>Managing stressful tasks with calmness</i>	<i>Help in dealing in difficult situations</i>	<i>Using mindfulness techniques to stay calm</i>



Recognising these strengths allows you to see how capable and resilient you are! However, just as you dedicate time and energy to care for others, it is equally important to care for yourself.

## CREATING A SELF-CARE CALENDAR

To maintain a healthy balance, it's essential to set aside time for self-care. This means engaging in activities that improve your physical, mental and emotional well-being. Self-care doesn't have to take up a lot of time - even small moments can make a big difference.

Below, let's create a Self-Care calendar, where you schedule one self-care activity for each day of the week. These can include things such as going for a walk or socialising with a friend.

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	Notes

**By taking small, consistent steps towards self-care, you can prevent burnout and maintain a healthier balance between your responsibilities and personal well-being.**

## FINAL THOUGHTS

Being a young carer comes with challenges, but it also builds strength, resilience and compassion. While it's natural to focus on the needs of others, your well-being matters too.

### KEY TAKEAWAYS



Small changes, like setting boundaries and asking for help, can improve your daily life

You have developed incredible strengths- use them to support yourself too.



Self-care is essential, not selfish. Make time for activities that recharge you.

You are doing an amazing job! Keep going and never forget that you are not alone; there are people there to support you.



## SIGNPOSTING

Thinking you might need a bit more while you're waiting? Here are some other organisations that might be able to help.



[carersbsg.org.uk](http://carersbsg.org.uk)



[childrenssociety.org.uk](http://childrenssociety.org.uk)



[barnardos.org.uk](http://barnardos.org.uk)



[themix.org.uk](http://themix.org.uk)

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### NOTES

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This booklet was created by OTR, a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset.

You can view our whole collection of zines over on our website.

Looking for some support? For more information about what we do, drop in to one of our Hubs:

***MONDAYS 4-7PM***

8-10 West Street, Old Market, Bristol, BS2 0BH

***WEDNESDAYS 3:30-5:30PM***

Armadillo, Station Road, Yate, BS37 4FW  
North Somerset Hub, Worle at Castle Batch Childrens Centre BS22 7PQ

***SATURDAYS 10AM-1PM***

8-10 West Street, Old Market, Bristol, BS2 0BH



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