

Things you can do in 10 minutes a day to help your wellbeing

Being a carer means that your time is not your own. It is easy to find that you have put looking after yourself last in your list of things to do.. It is very important that you do take care if yourself because there is someone who can't manage without you!

Finding the time and making it happen are hard as a carer, so we have put together some easy ways to refocus, relax and recentre wherever you are in no more than 10 minutes!



Shower meditation

- Before you begin your shower take 3 deep breaths.
- Once you are in the shower:
 - Feel the warmth of the water on your skin
 - Notice the sensation of every droplet on your skin
- Listen. What do you hear?
- Gently bring your attention to the scent of your soap or body wash. What aromas do you smell?
- As the water runs down and off your body, imagine any stress, tension or stressful thoughts being rinsed away.
- As you dry yourself create a positive intention for the day or repeat a positive mantra.



Mindful morning ritual

- For centuries people in different cultures have greeted and celebrated the start of each day.
- Create your own morning ritual to connecting you to the earth to balance and ground you.
- Whether it is stretching, feeling the sun's warmth on your face, smiling or drawing the curtains and looking at nature round you , your ritual will be unique and meaningful to you.
- As you are greeting the new day create an uplifting intention for the day.





10 minutes of 'you time'

- Each day find 5-10 mins you can have for you.
- Create a space where you will not be disturbed. It could be inside or outside and let others know that when you are sitting there they need to let you have your 10 mins before they can talk to you.
- Ask yourself, 'What do I need right now?' Trust your intuition. It might be doing a breathing exercise, a cup of your favourite tea or coffee, reading a book or listening to music.
- Notice how you feel after your 10 mins as you relax and reset.

Digital downtime

- Research has shown that having a time in our day when we are not on the internet, social media or emails can help us manage our stress and anxiety.
- Set yourself 10 minutes 'internet free' time.
- Start with 10 minutes and see if you can increase this to longer.
- Leave your phone in another room, put it on mute for 10 minutes or turn it off.
- Allow yourself to be. Sit with silence and breathe out - let go of any stress in your body and mind.





Create

- Being creative in some way helps us relax and distract ourselves from our busy lives.
- Re-find an interest or learn something new. Whatever it is, keep it simple and something you can do a in 10 minutes. Have all the things you need organised and ready to use.
- Try knitting, zentangles, reading, singing, playing an instrument, drawing, colouring... You know yourself so allow some creativity into your life.

A hand holding a glass jar with a lid, which is glowing from within, set against a dark night sky filled with stars. The jar is held in the foreground, and the background shows a horizon with some trees under a twilight sky.

Ideas jar

- Decorate a jar or a box.
- Think of lots of things you can do in 10 minutes for you to do , be creative, do a breathing exercise or just sit with a cup of tea.
- See how many you can come up with and write each one on a small piece of paper and put them all in the jar or box.
- Every day pick one out and do that in your 10 minutes 'you time'.

Relaxation or mindfulness

- Sit in a quiet place
- Choose a relaxation, breathing exercise, body scan or mindfully look at something.
- Need ideas? Take a look at our [Relaxation booklet](#)
- Download an app and find your favourite exercise to follow.
- Just listen to a soothing piece of music or the sound of the sea.



And a few more ideas...

- **The “not today list”** – write down 3 things you are allowed **not** to do today. This can help alleviate the pressure to keep all the plates spinning and achieve everything.
- **Carer voice note** – record a private two-minute voice note saying honestly how you’re feeling. It doesn’t need to be sent to anyone.
- **Borrowed hobbies/share a skill** – ask a friend or family member to teach you something they enjoy. You get the connection and curiosity without needing to commit to a new hobby. Or offer to teach someone something that you know in exchange for them teaching you something.
- **Create a “when I have 5 minutes” list** – make a list of genuinely enjoyable five minute activities so you don’t have to think when you’re exhausted.
- **The gratitude alternative** – instead of forcing yourself to list things you’re grateful for, ask “What was one moment today that wasn’t awful?”. Small moments count.
- **Photograph something beautiful** – use your phone to take one photograph each day of something ordinary that you find attractive or interesting.

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More ideas (part 2)...

- **The one-cup ritual** – make a favourite hot drink and turn the preparation into a small ritual: favourite mug, music, sit somewhere different and drink it slowly.
- **Revisit an old favourite** – re-read a favourite book passage, watch an old film, listen to an album etc.
- **Do something completely useless** – make paper aeroplanes, rearrange your books by colour, build something from Lego, learn a pointless fact, or draw a ridiculous picture. Enjoyment doesn't need a purpose.
- **Make a 'carer sanctuary'** – choose one chair, corner, windowsill, outdoor spot etc, that becomes your designated place for a few minutes of peace whenever possible.
- **The tiny adventure challenge** – once a week, do one thing differently; walk a new route, listen to an unfamiliar radio station, try a new recipe, visit somewhere nearby you've never explored etc.

What works for you?

If you've an idea you'd like to share with other carers, please let us know. Email your suggestion to digital@actionforcarers.org.uk and we'll share it. Thank you!