

Who Cares

How many of us have an internal voice that criticises everything we do? I'm guessing it is most of us! I'm pleased to observe that there is now a refreshing swing away from the pressure to look perfect that was thrust upon us by the media. People are finally starting to realise that it is normal to be, and look, individual, for example to be of different height, weight, hair colour, skin colour. This move towards a more tolerant society is long overdue.

But can we really be more tolerant towards others if we are internally berating ourselves? There is a line in the poem 'Desiderata' that goes, 'if you compare yourself to others you may become vain and bitter, for always there will be greater and lesser persons than yourself.'

People who are responsible for the welfare of others, such as unpaid carers, or parents, may feel inadequate because they sometimes snap or lose patience. Constantly putting the needs of others before oneself and neglecting our most basic needs, can lead to a temporary loss of patience. Pope Francis recently apologised for losing his composure saying, "We lose patience many times; It happens to me too. I apologise for the bad example given yesterday."

We should remember that it is only human to make mistakes. And whilst owning our mistakes and apologising is desirable, we should also recognise that we need to start to honour our own needs and be kind to ourselves first.

Unpaid carers can contact local charity organisation Carers Outreach Service for information and support in their caring role. We can assist carers to access services which may ease the strain of caring, providing time out for them to pursue their own interests. We also arrange social activities where carers can meet other carers who understand and share all the highs and lows of caring.

For more information telephone us on 01248 370797, email help@carersoutreach.org.uk, or visit www.carersoutreach.org.uk.

If you identify with any of the above, make 2020 the year you start to be kind to yourself!