

Sibling self-care

1. **Remember that your needs matter.** Siblings are used to coming second (or third, or fourth...) to someone else's needs. Remember to put your own oxygen mask on first. You cannot look after others if you become burnt out and ill.
2. **Make time for yourself** by scheduling it in. Put things you enjoy on your calendar. Protect these times like you would a dentist appointment. Scheduling too tricky? If all you have is 5 or 15 minutes here and there, keep things you enjoy nearby so you can dip in and out of them.
3. **Set boundaries** around areas of your life that are causing you stress. Too difficult to make the leap in one go? Take small steps. Shift the boundary a little to start with. It will take time and practice to change.
4. **Focus on what you can do.** Self-care adds up and accumulates over time like money in the bank. Be proud of whatever time or resources you can carve out for yourself and keep going.
5. **Get more support if you need it.** Your needs deserve to be met and your health matters. See your GP about that back pain, refer yourself for the counselling you've been meaning to have, join a sibling support group and meet others who 'get' what sibling life is like.