

5 ways to care for yourself while caring for others



By Charlie Beswick

Caring for others starts with caring for yourself

Working Families Ambassador and campaigner, Charlie Beswick of [@ouralteredlife](#) knows firsthand the challenges of balancing work with caring responsibilities. Her lived experience shows why looking after your own wellbeing isn't optional - it's essential.

Her advice is personal, practical, and rooted in real life. You may also be interested in Charlie's book, [Thriving as a Working Carer](#).

1. Lower the bar. Keep the love.

💜 Not every day has to be exceptional to be enough.

2. Name it to shrink its power

💜 Say the feeling out loud instead of carrying it silently.

3. Stop solving. Start sitting.

💜 Some days, your job is presence. Just being there, not trying to fix anything.

4. Notice what you're doing well.

💜 Caregivers audit mistakes, Rarely strengths.

5. Replace "I should" with "I could".

💜 Turn an obligation into an option and soften the pressure.