The Ten Carers’ Commandments
For reducing Stress

Thou shalt:

1. Not be perfect, nor even try to be.
2. Not try to be all things to all people.
3. Leave things undone that ought to be done.
4. Not spread thyself too thin.
5. Learn to say “NO”.
6. Schedule time for thyself, and thy supportive network.
7. Switch off, and do nothing regularly.
8. Be boring, untidy, inelegant and unattractive at times.
9. Not even feel guilty.
10. Especially not be thine own worst enemy, but be thy best friend

Source: Hilary Langford 1987