

Surviving well as a carer through Covid-19



ARE YOU SERIOUS?

Eating disorders are mean and cruel to us all – not just to the person who is suffering with the condition, but everyone around them as well.

We are all desperate to 'fix it', to help, and to make it better. It is enormously frustrating and worrying to discover that we can't. Instead, we realise that the disorder seems to have a grip on our loved one that is hard to understand, and harder to live with. For many of us, this means we face extremely difficult and trying situations.

And then along comes Covid-19. As if eating disorders weren't enough to cope with, there is now a pandemic.

So how do we survive?

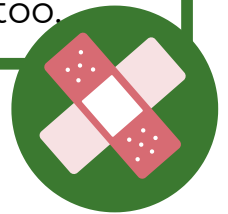


**GET IN CONTACT
WITH US HERE. WE
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HAPPY TO HAVE A
CHAT.**

LOOKING AFTER ME:

This has got to be number one, no matter how counter-intuitive it feels. We have to metaphorically put on our own oxygen mask before we help others to do the same. For many mums in particular, this is a challenging thing to do. We have become far too adept at sorting out everyone else's needs first, and leaving ours till the end of the list, the end of the day. Now would be a good time to begin to change that. What one thing could you do that would put something good into your emotional tank? What feeds your soul? Just one thing could make the difference to how you get through the day.

Getting support for yourself from others is also key. None of us have to have it all together. It is all right to ring a friend when you need to vent, or need some ideas. We are not supposed to survive well on our own. One of the glorious themes of the moment is the sense of so many in our country pulling together. Make the most of that for yourself too.



SUPPORTING THE PERSON I CARE ABOUT

Recognise that the general levels of fear around will be making things harder for the person you are supporting. They are more, rather than less, likely to lean on their unhelpful coping mechanisms. But it could also be an opportunity to talk about this, for we are all human, and likely to be doing the same, albeit in less consequential ways.

Encourage short times of honesty, picking your time carefully, where you model talking calmly about difficult feelings, and invite them to do the same. It is OK to say that you are struggling too. If you are in a family, it would be great to do this all together – though try and make this a contained time, not a long one, and do something non-confrontational afterwards, like watch a movie together.



tastelife live online community courses, for you and for the person you are supporting – coming soon (scroll to the end of our [home page](#) for info).



GOOD TIPS:

It is better to find a way of sharing your thoughts and feelings, than bottling your emotions and ending up in a shouting match. Try a new medium, if talking is hard. Text, write notes or emails.

As ever, try and empower the person – ask what they need, what they want to do, and how you can support them. Have a look at [Do's and Don'ts for Carers, or Top Tips for Recovery](#) from tastelife – we suggest using them as conversation openers.

MUDDLING THROUGH:

There are two ways to look at this. We could think that the heightened anxiety generally is only going to make things worse for our particular situations. Alternatively, we could think that we had already been living in anxiety and challenge before the current crisis, and that the rest of the world is just catching up with us. Perhaps we have already developed some coping techniques. Perhaps we have already learned to ask for help when we need it, and have ditched attempts to get everything right. Perhaps you already know how to appreciate the fragility and beauty of life.

Hang on to the things you know to be important. You can still hustle for medical help, even now. You can still find new ways to love yourself and others.

You can still just take one day at a time.