

## **Worksheet 7.1.2: Carers reflecting on the impact of ED on their everyday lives and role modelling self-care using SMART baby steps**

Looking after someone with an eating disorder is incredibly stressful and carers inevitably experience high levels of anxiety, depression and burden. It is extremely important carers look after their own physical and emotional wellbeing. Be kind to yourself. Show the same compassion to your own needs that you would like your loved one to show to her/his own needs. Live by example.

- Think about how happy you are in each of the areas listed in Table 7.7: 0 is very unhappy, 10 is very happy. How has your score changed? Add more areas if you think of any.
- Think about the specific reasons for changes to your score
- Think about specific things you could do to improve your current score.

Choose one area to work on with a series of small experiments to reclaim some of your quality of life.

See Worksheet 7.2 for a five step plan for change and Worksheet 7.1.3 for examples of solution-focused questions.

**Table 7.7** Blank assessment tool of the impact of ED on the carers' everyday lives. This enables carers to identify small steps they could take to reclaim some of their previous quality of life

<b>My happiness with:</b>	<b>Rate current happiness (0-10)</b>	<b>Rate happiness before ED (0-10)</b>	<b>Reason for the change</b>	<b>Steps I can take to make improvements</b>	<b>Rank out of 10, difficulty to change</b>
My physical health					
My social life					
My job					
My hobbies					
Financial issues					
My emotional health					
My relationship with spouse/partner					
My relationship with my other children					
My relationship with my loved one with the ED					
My relationship with close friends					
My relationship with my extended family (parents, siblings, etc.)					