

**Finding the
Balance, Promoting
Positive Health**
*A Carers' Resource Guide to
Health and Wellbeing*



Carers Scotland's revised and updated resource guide for carers provides information on ways in which carers can support their own health and wellbeing. Topics including eating well, sleeping well, caring for your back, exercise, good emotional health, keeping well at work, making time for yourself, practical help and financial support.



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