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**Dealing with guilt and anxiety**

I think 'well should I really be taking this break?’ Yes you do think that, but I think you've got to say you need it.

In the beginning I definitely felt a sense of guilt, but then I had to rationalise the reasons why, the first being for my health.

When I go away, particularly to London, just an overnight, a little bit I feel guilty, particularly if I'm meeting my family while I'm there.

It doesn't matter how well you know they’re going to be looked after, you feel guilty. But I just ignore it. For the next five minutes, I'm not going to do guilt. It's so easy to lose yourself, in being a carer, but it's important that you need to hold on to you. And it's something that's so easy to just throw away.

And when you start to accept and acknowledge, I need to do this because it will help me be a better carer, then the guilt just goes.

I think as long as you're confident and happy that your loved one is being cared for as well as you would care for them, then you owe it to yourself to have that short break.

Don't feel guilty is the answer. Make the most of every minute while you're away.

You wouldn't want to disappear and think who is looking after your loved one? You need to be able to trust them implicitly and also, not so much me, but my wife is happy with the person and with the relationship, that's the important thing.

Transcript of the film *Carers’ breaks: Dealing with guilt and anxiety*

**carersuk.org/break**