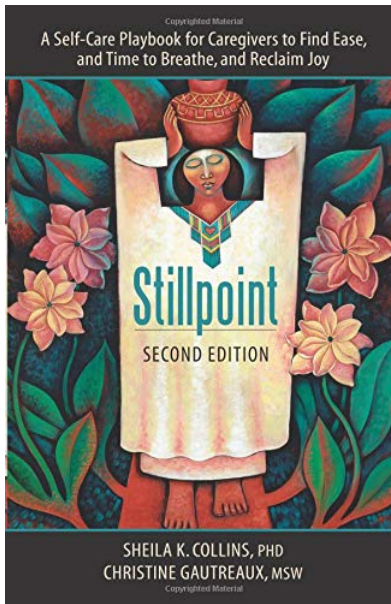


# jFjO3 [Free PDF File] Stillpoint: A Self-Care Playbook for Caregivers to Find Ease, and Time to Breathe, and Reclaim Joy



**CONTINUE ►**

Being a caregiver is a hazardous occupation, whether its a chosen helping profession or a family responsibility thats chosen you. 43.5 million American adults, (17% of the workforce) are caring for another ill or disabled adult and these caregivers are at risk for more serious health problems in comparison with people who dont have such responsibilities. Research continues to document the frequency of burnout and compassion fatigue for persons in the helping professions while self-care continues to be all but neglected in the professional programs that train them. Stillpoint is a comprehensive guide offering caregivers permission to become attuned to their own needs while caring for others. The artistic approach of these two dancing social workers encourages and provides the reader with numerous ways to pay attention to the somatic self the body as perceived from the inside. The stories, whimsical songs, poems, quizzes, meditations, and affirmations can aid professional and family caregivers alike in unlearning self-defeating habits and changing mindsets to include themselves in their wholehearted caring. Tools for self-healing are also offered along with resources and sample rituals to transform both careers and caregivers.

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