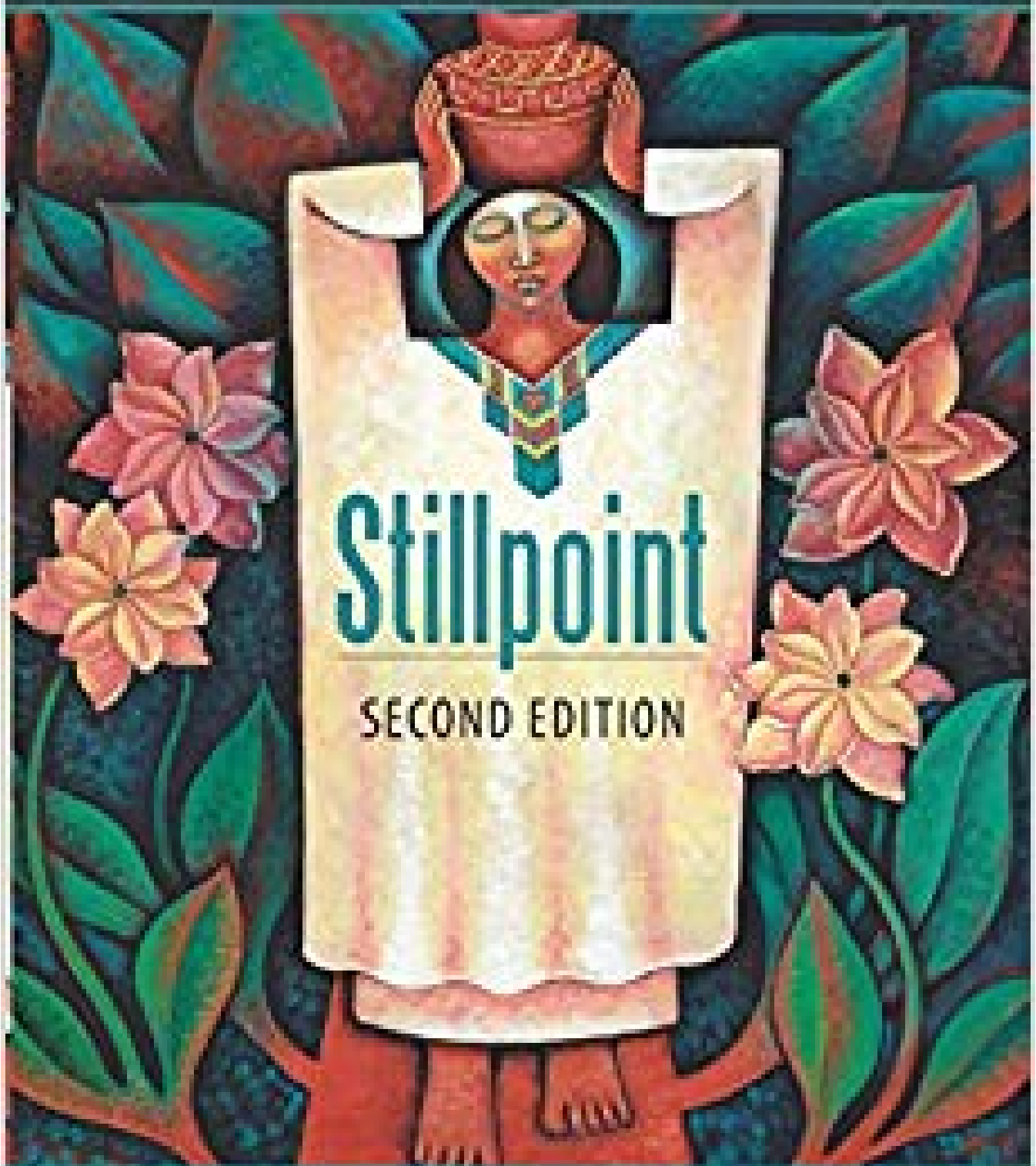


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A Self-Care Playbook for Caregivers to Find Ease,  
and Time to Breathe, and Reclaim Joy



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# Stillpoint: A Self-Care Playbook for Caregivers to Find Ease, and Time to Breathe, and Reclaim Joy



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Research continues to document the rate of recurrence of "burnout" and "compassion fatigue" for persons in the helping professions while self-care is still all but neglected in the professional programs that train them. 43. The creative approach of these two dancing social employees encourages and the reader with several ways to focus on the somatic self – the body as perceived from the inside. Being a caregiver can be a hazardous occupation, whether it's a chosen helping career or a family responsibility that's chosen you. Stillpoint is usually a thorough guide offering caregivers authorization to become attuned to their own needs while caring for others. 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 to people who don't possess such responsibilities. The tales, whimsical tracks, poems, quizzes, meditations, and affirmations can aid professional and family members caregivers alike in unlearning self-defeating habits and changing mindsets to add themselves within their wholehearted caring. Equipment for self-curing are also offered along with assets and sample rituals to transform both professions and caregivers.



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This approach has given me many AHA moments.. It is a gem not only for caregivers, but for all of us who desire to "find ease and time to breathe and reclaim joy" It is fascinating that a book titled STILLPOINT invites someone to a dynamic, flowing, energized, wholistic lifestyle. Let your imagination end up being ignited and you will discover many creative ways to engage this book. Needless to say, once I opened to the PLAYBILL (Desk of Contents) I instantly connected with the engaging truth of T.S. Elliot's poem: ". . . Superb course in maintaining our own aliveness and well-being. Neither flesh nor fleshless; Neither from nor towards; at the still point, there the dance is, But neither arrest nor motion. And do not call it fixity, Where past and long term are gathered. Neither motion from nor towards, Neither ascent nor decline. Except for the idea, the still stage, There would be no dance, and there's just the dance. . . It rests on the right side of my desk;" "As one engages this publication Sheila and Christine invite us to embrace the Chinese proverb: I hear, and I forget, I see, and I recall, I carry out, and I understand. For me personally this became I go through, and I forget I journal, and I remember I do, and I understand. I've been there." (page xxvii) This book creatively and playfully potential clients us to be attentive also to integrate these measurements so we might be whole. You can fruitfully strategy this book as a textbook and go through it from cover to cover; it could potentially be utilized as textbook in classes focused on self-care /self-healing. As a hospice nurse, I understand all as well well the signs of caregiver burnout and compassion exhaustion. Many thanks for the brilliant new perspectives and every day practical tools for thriving nowadays! . I pick and choose it up and convert to a few web pages and see what pops out today. The movement of the stories appears to develop a community as I would discover myself nodding and saying, "Yeah right! One could do that in a more structured linear manner in the event that you chose to read a small part of the book daily from beginning to end; or you could pick certain chapters that call for your interest. Engaging the truth in this book can energize your life. For example, when I browse the queries inviting me to determine whether I had a need to work on self-care (page 3) the third one awakened a deep truth in me: "Perform you often find as you make and full your 'to perform' list that your preferences are not even on the list?" OUCH! And another that was worthy of my journal period: "Are you a person who stays too long in employment or in a romantic relationship out of a feeling of loyalty, forgetting about the loyalty you owe to yourself?" Many amazing stories are told to illustrate the precepts. That becomes a focus for my journaling which ends with requesting the issue of how I plan to put into action this into my life today. I connect! Becoming one who can become stuck in a life that is over informed and formed simply by rational thought this book provides the chance for me personally to acknowledge and concretely encounter the truth that "Self-caring and self-recovery require moving further than our logical intellectual thoughts into the kinesthetic, feminine, and innovative elements of ourselves." Or look for myself celebrating the courage of 1 who would take steps to let transformation happen. Better still one can use the publication to build community with others by inviting them into conversations around the concepts such as the FIVE SKILLS Of SELF-CARE (first detailed on page 12 and expanded throughout the book) or discussing the 7 affirmations in the FRIENDS AND LOVERS: A HEALTHY PACT (web page 95) that invites us to explore just what a healthy pact among adults looks like. The options seem endless. I applaud Sheila and Christine for such a powerful and truly useful information for these challenging times. Thank you! It is a gem not only for caregivers, but for all of us who want to "find ease and time and energy to breathe and reclaim joy" In the nick of time... I highly recommend this publication for the way it weaves together insightful information, stories that create connection, and exercises engaging body, brain, and spirit that result in transformation and health.. I actually am a health-professional, working and studying 60-70 hours weekly for four years; At that time, I was impressed with the approach and how well crafted it had been written. Flash forward to 2018. I am the principal caregiver of my

100 year old mother. Despite the fact that she actually is a sweetheart, who have thought it might be this hard? After that comes the next edition. After reading it, I realized I wasn't ready 26 years back. Jointly Shelia and Christine have opened up their hearts and shared their expertise and dance in a way that speaks directly to me and my needs now. I RECOMMEND this reserve. At the still point of the turning globe. I was one of the first readers of the original Stillpoint. There exists a well-known stating that "you can't care for someone else unless you care for yourself". I will have read this years ago for help with balance in my life and practice. Stillpoint was exactly what I needed!!! The word "Caregiver" has totally changed in my mind and I right now realize that most of us are Caregivers of some kind, even if it learning Self-Care! So, I do it again: I highly recommend this book for just how it weaves jointly insightful information, stories that induce connection, and exercises engaging body, brain, and spirit that lead to transformation and health. Stillpoint is an excellent gift to give yourself and/or anyone you know who is trying to manage their own life at the same time they are caring for someone else. Let your imagination become ignited and you will discover many creative methods to engage this book. We embraced it as a "devotional". Aho! Whether you are focusing on self-care or are a care giver to others, you will discover so many thoughtful tips. The sage advice and experience conveyed through the pages of Stillpoint is indeed evident and needed right now. Thank you! hard to continue and maintain the like, compassion, and caring necessary for my individuals. The publication describes why that is true, how to acknowledge if you want some "self-care" and, most of all, the steps you need to consider to look after yourself within your own unique method while you are caring for another person. Gay M Fogarty, Ph.D. Yes, you need this book. We reside in stressful times and women, specifically, have a tough time taking time for themselves. Even though you aren't someone's primary treatment giver, I guarantee you will reap the benefits of learning the ways that stress affect your life and simple actions you can take to be kind to yourself. In very real ways, your life depends upon it. This publication is a wonderful resource for anyone committed to the backbreaking (and at times heartbreaking) task of caring for a loved one at any stage of lifestyle. The book is a "must read" for all caregivers! Happy reading! You can find therefore many nuggets of wisdom which will meet you exactly where you are on your own trip. The caring hearts and souls of the authors definitely stand out on the web pages. Excited to up my very own rituals and dedication on self-care. In looking after yourself you are a lot more able to surrender greater quantities to others, the AHA occasions are never ending and this ought to be a required read for everyone who finds themselves in something Role within their life or career. I am grateful, and believe my fellow caregivers will like this book too. Expansive and easy to read I received this publication as a gift and haven't finished it yet, but so far it is easy to read and I love that the authors are incorporating analysis from many modalities - you'll find new discoveries from research which have been proven to facilitate recovery the body, brain, emotion. The book is also very thorough in terms of topics linked to self-care. This publication is something that the world desires desperately. In my are a health trainer, the re-happening theme across age, competition, gender is people pressing themselves, not hearing their bodies, and driving themselves into injury, burnout, or disease. Excellent Read , An absolute must have guide for all of us all This book isn't just extremely insightful and informative , it puts Self Care into prospective in a form that is practical, an easy task to apply and fun, while removing the guilt and fear of not being or doing enough for others whilst caring for yourself. Excellent book! I thought we would engage it in a different way. Do yourself a favor! This book can be an easy read, and I'm certain everyone will discover something useful within its pages. This is the kind of reserve that you could read cover-to-cover And in addition pick it back up when you have an instant minute and ingest a few ideas.



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