

The Caregiver's Compass

How to Navigate with
Balance & Effectiveness
Using Mindful Caregiving



Holly Whittlesey Whiteside

Holly Whittelsey Whiteside

The Caregiver's Compass: How to Navigate with Balance & Effectiveness Using Mindful Caregiving



[continue reading](#)

The Caregiver' The insight areas include: The present of anger; Step-by-step, the author instructs you down a sure and soft way to greater peace. How to navigate crises; and How to pick and choose your battles.s Compass offers you back the reins of your well-being and emotional balance by teaching you how exactly to shift your experience of caregiving. Ways to recharge your spirit; Strategies for maintaining connection with yourself; How to require help; Through 36 sections and seven chapters, you learn to apply three basic well-being concepts to the emotional arenas of caregiving. The journaling prompts at the end of each section enable you to make the training your own. Throughout her caregiving decade, Holly Whiteside, a 15-year life coach, applied the life coaching concepts that she have been teaching others to herself. This resulting set of Mindful Caregiving tools and strategies are actually doing work for her caregiving customers, and they can function for you.



[continue reading](#)

Every Caregiver Requires a Compass Again Ms. Whiteside has done it again. In about a month, a occupied and overwhelmed caregiver can receive daily nourishment and coaching to transform his/her encounter. I would suggest this book to all family members caregivers. Additionally, having worked well in homecare I would suggest this publication as a resource to all employed in the field. For example, while running errands she'd sing old like songs to herself in an Elmer Fudd tone of voice, like "Fwy me to de moooon. Different perspective helpful Gave direction and picked the human brain. Readers without that understanding will benefit from later chapters." She presents a helpful device--"Housecleaning for Self-Connection Matrix" to be able to maintain balance in the middle of your needs mainly because a caregiver and the requirements of your treatment recipient!... I would suggest to anyone needing to seem sensible of caregiving journey . . . Outstanding resource for caregivers The Caregiver's Compass is a wonderful guide both for individuals who already are primary caregivers and for individuals who know it's right around the corner. The design is very useful, including an index for quick reference, lists of extra readings that might be useful, and many personal examples that make it easy to relate to the issues and suggestions. This book is, itself, a good example of mindful caregiving. Readers are encouraged to relate each short, no-nonsense chapter to their own scenario, by writing down their feelings about the topic in a "caregiver's journal" which the author considers an essential device.- Bob Lind, Echo Magazine Browse, digest, and apply a single principle before applying another one Organized in two parts and seven chapters, the 1st part overviews three mindful caregiving principles--being present, shifting communications, and welcoming change. from its warm and supportive tone to its practical delivery of a hard message. She looked after her mother for ten years so speaks from encounter and also from her education. One method to accomplish this is to try and understand how it might be to reside in the world as our treatment recipient. Exceptional resource and comfort to difficult necessary role of caregiver Ms. Whiteside is certainly a writer as well as a life coach and experienced caregiver, and brings a simplistic but effective, holistic method of the main topic of caregiving. She makes the distinction, in early stages, that caregivers can be near or considerably; indeed, a relative thousands of miles apart, arranging care and making essential decisions on a patient's behalf, is not any less of a caregiver compared to the individual who is on site dealing with the patient's daily demands. The book sets out basic concepts of caregiving, perhaps the most important which include coping with the myriad of emotions that come into play.. Principles such as for example self-care, pre-grieving, asking for help when required, and knowing when to let go are handled in an easy, honest manner, covering bases that may otherwise obtain overlooked in a caregiver's overburdened life. The author also relates her own encounters as a caregiver and as

the main one receiving care following a cancer diagnosis years before. A fantastic, recommended resource that can be a comfort to those needing assistance or reinforcement they are doing their best for their cherished one. Four caring superstars out of five.. Both of these terms bear significance for most challenged caregivers. First, Whiteside emphasizes the need to be "present" and "self-aware. Author, Holly Whittelsey Whiteside applies fifteen years of life-coaching principles to caregiving, while illustrating with excerpts from her journal while decade-long caregiver to her mom who initially lived only and then moved into an assisted living community." Which means that we pay attention attentively; completely engaged in what your partner is conserving. Holly writes of how she discovered methods to laugh on demand. Caregivers should browse, digest, and apply one principle before applying the next one. therefore that we are able to move forward. When you are present, we can be more alert to changing how we "think" and "speak" about our experiences. Whiteside! How we communicate will impact how we navigate the caregiving trip, which impacts our well-being. How exactly we "label" our experiences will determine how we encounter it. I specifically like her matrix for weighing what different activities cost with regards to time, money, energy, and what they come back for you and the individual you're caring for. When we're distracted or make an effort to move forward without focus and clarity of thought, unpredicted outcomes may shock us and cause us to obtain angry. Mr Neal Excellent excellent exceptional is my thoughts concerning this book We read it in few days it hit house for me personally on several areas of me supporting my mom thank you for posting." She adds: I laughed till I "cwied" and almost went off the "woad.. Whiteside's decision to look after her mother was not easy. She ends the book with ideas on how best to apply the principles for efficiency, and how to live after caregiving ends. The second part applies these principles to three elements of a caregiver's experience--emotions, well-being, and effectiveness. Imagine how in a different way you'll look after someone, once you choose to value him/her. The Caregiver's Compass pertains to other aspects of our lives aswell. Whatever you endeavor that may trigger uncertainty and with it a worrisome fear (a major lifestyle decision to retire, move, take on a new job, learn a new skill-Whiteside explains, takes us from the present moment right into a future which has not however happened and therefore does not serve us. Support group facilitators may also guide support group people in the use of one principle at a time. At these times, Whiteside advises that people not minimize our feelings but embrace and understand our anger; She actually is compassionate, understands the physical and emotional toll of caregiving and offers excellent, useful advise for caregivers. She provides exercises (as she does after every principle) for us to identify our fear and then let it go accepting that the near future holds unknowns. Reviewed simply by Brenda Avadian, MA Editor, The

Caregiver's Voice Book Review A Most Helpful Quantity for Care Givers Whiteside blends theory with much practical assist in this well-written and thoughtfully-designed reserve. Each concept is presented in only two pages, an excellent meal but not too much to digest at one time. Care givers with a background in basic psychology will especially reap the benefits of Whiteside's tips.. Also people being cared for can understand from this reserve what effective care-givers perform. Care givers will learn to create a healthy balance as they look after someone with like, understanding and acceptance. She advises caregivers to welcome existence changes and to deal rightly with feelings while caring for own well-being (a most significant concept). From the self-described hard childhood, she writes: (paraphrased): To care "for" Mother, I had to care "about" her. The author's six chapters consist of concepts about making choices, directing one's thinking, and choosing conversation strategies. Whiteside is a life-coach, a care givers trainer and a writer. Many thanks, Ms. Excellent Resource As a geriatric treatment supervisor serving TN, GA and AL, I came across this book well written and an excellent resource for caregivers and experts alike. I have strongly recommended to my customers that they purchase and read this book, once for understanding and then, positioned on a coffee desk for continuous reference. I anticipate hearing and reading more from Holly. Because of this I think this book under-claims and over-delivers...] An All-purpose Compass Holly Whiteside's book is ostensibly approximately caregiving, and it certainly works therefore. (Actually I wish I had it 25 years ago when I was struggling to deal with my mother's decline.) But "The Caregiver's Compass" is truly a manual on self-awareness, on mental attention, on mindfulness -- And its own application to caregiving. Because of this it's as beneficial to me now when I can relate it to a wide range of human experience - from embracing dread or risk, to coping with anger or grief, to caretaking of myself. Shon Ingram Geriatric Care Supervisor [. To greatly help create balance in caregiver's life Nicely done reserve on how best to apply life coaching principles to stay balanced during the difficult moments of caregiving, based on the author's own experience with her mother so when a life coach. We can choose to be happy.



[continue reading](#)

download free The Caregiver's Compass: How to Navigate with Balance & Effectiveness Using Mindful Caregiving djvu

download free The Caregiver's Compass: How to Navigate with Balance & Effectiveness Using Mindful Caregiving djvu

[download free Managing Meltdowns: Using the S.C.A.R.E.D. Calming Technique with Children and Adults with Autism: Using the S.C.A.R.E.D Calming Technique with Children and Adults with Autism e-book](#)

[download free Leadership and Self-Deception: Getting out of the Box \(Paperback\) fb2](#)

[download free The Blue Zones epub](#)