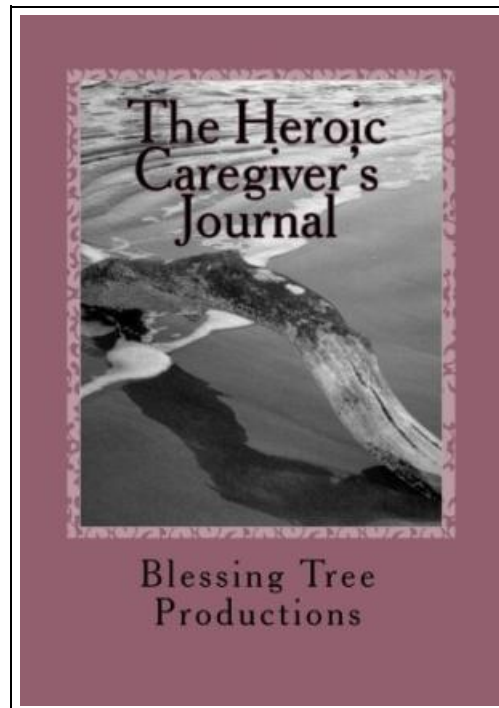


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Createspace, United States, 2014. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Caregiving isn't for the faint of heart, is it? Chances are you have more worries and far less free time than non-caregivers, you sleep in short chunks of time rather than all at once, and you can't remember what it feels like to not have the weight of the world on your shoulders. That's why you, my friend, are a hero. Yes, it's true. You might not see yourself as such, but to give so much of yourself to lovingly care for another takes courage and strength-probably far more than you ever thought you had-the kind of courage and strength we can readily attribute to those who commit heroic acts but aren't accustomed to assigning to ourselves. But heroes get stressed and worn out too. They need a break and an outlet for expressing emotions and recording events. Keeping a private log of your challenges, triumphs and feelings will help you cope and process what you're experiencing as a caregiver. While journaling should never replace proper medical or mental health care if needed, it is a safe place to work through jumbled thoughts and emotions, and may benefit your overall physical and emotional well-being. According to holistic healing practitioner, Phylameana lila Desy, Writing down your thoughts and feelings is a therapeutic activity. Paper and pen are the tools for your creative expression, joys and sorrows alike. Journaling can be a healing process to help you get in touch with your deepest yearnings, find resolve for problems, and deal with personal issues. You don't need special skills or tools to journal. You don't even have to spell or write well! This...

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