

Resources

Letting Go of Guilt: Creating a Guilt-Free Zone for Caregivers

Jackie Weckesser, LMSW and Gretchen Moore, MA *Tools for Caregivers 5/6/2023*

Books

Full Catastrophe Living: Using the Wisdom of Your Body & Mind to Face Stress, Pain & Illness

John Kabat Zinn

Loving Kindness: The Revolutionary Art of Happiness Sharon Salzberg

The Mindful Caregiver Nancy L Kriseman

Ambiguous Loss (multiple books) Pauline Boss www.ambiguousloss.com/resources/

Web Resources

Guided Meditations (YouTube):

Take 5: The Forest Awakens-Guided Imagery for Stress Relief (5:43)

Honest Guys: Blissful Deep Relaxation (18:35)

Honest Guys: Overcome Guilt (13:52)

Websites/ Articles

Today's Caregiver www.caregiver.com/articles

Emotional Side of Caregiving (Family Caregiver Alliance) www.caregiver.org/print/22983

Smartphone apps

Meditation:

Calm (Free & Paid Versions)

Headspace (Free & Paid Versions)

Insight Timer (Free & Paid Version)

Affirmations:

I Am - Daily Affirmations

ThinkUp - Daily Affirmations

Breathing:

The Breathing App (Free, for Resonance Breathing)

Brethe: Sleep & Meditation (Free & Paid version)

Breathwrk: Breathing Exercises (Free & Paid version)