

Stillpoint

A SELF CARE PLAYBOOK FOR CAREGIVERS

SYNOPSIS

Stillpoint: A Self Care Playbook for Caregivers

Being a caregiver is a hazardous occupation, whether it's a chosen helping profession, or a family responsibility that's 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 don't 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 offers the reader numerous ways to pay attention to the somatic self – the body as perceived from the inside. Stillpoint offers stories, whimsical songs, poems, quizzes, meditations and affirmations to aid professional and family caregivers alike in unlearning self-defeating habits and changing mindsets. The aim is for those caring and serving others 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.