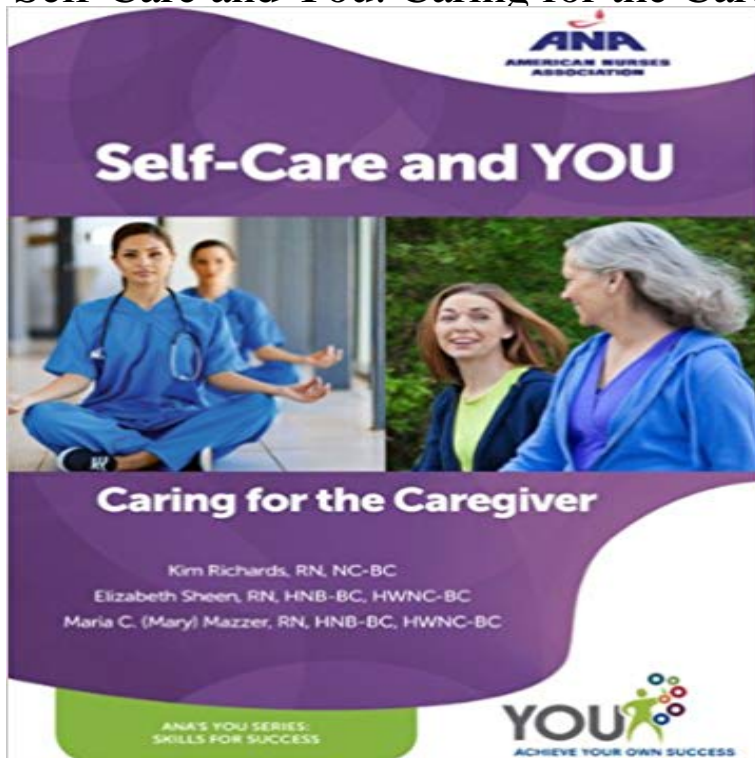


Self-Care and You: Caring for the Caregiver



Self-Care and You applies an integrated approach to the practice of self-care. This handy guide is organized in six self-care pathways: physical, mental, emotional, spiritual, relationships, and choices. Its loaded with detailed examples, guidelines, tips, techniques, and insights about each pathway to help you assess and guide your self-care journey. In this health and wellness guide, self-care means choosing behaviors to counter emotional and physical stress, from exercise and nutritious eating to self-centering practices. To live a life of meaningful contribution as a nurse to your patients, colleagues, and others, you may need to make changes in your own life first. This integrated self-care guide, by three nurse coaches with extensive expertise provides numerous detailed examples, guidelines, tips, techniques, and insights that are included to help you assess your self-care journey.

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