



Emotions of Caregiving: A Workbook for Caregivers

Rita K. Stanton RN, Joan M. Pape

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If you are called upon to be a caregiver, it may be one of the most compassionate, loving and rewarding things you will ever do in your life. However, it's easy to become overwhelmed by the emotions. This is a workbook format designed to help the reader explore the emotions of caregiving as well as how to cope with those emotions. Regardless of how you got there, stepping into the role of a caregiver can seem daunting. It is important to be attentive to your needs and how your new role is affecting your body, mind and spirit. Taking care of yourself is not being selfish or self-centered. It is about getting through this journey intact. In order to take care of another person, you must first learn to take care of yourself.

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