



# Mindfulness for Carers: How to Manage the Demands of Caregiving While Finding a Place for Yourself

*Cheryl Rezek*

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Carers are particularly vulnerable to feeling stressed, worried and worn down by the vast demands that often come with caregiving, be they physical, psychological or emotional. Mindfulness can be enormously beneficial to carers, whether professional or voluntary, as a means of developing greater inner stability, resilience and gaining more control over their thoughts, feelings and emotions. Mindfulness is an evidence-based approach that is proven to help protect against stress, anxiety, depression and burnout.

Dr Cheryl Rezek provides an accessible introduction to mindfulness, and explains how simple mindfulness practices and psychological concepts can be used to manage the day-to-day demands of caring effectively, helping caregivers to gain a greater sense of control and maintain a more positive and balanced outlook. The book includes easy-to-use and enjoyable mindfulness exercises, short enough to fit into a busy day, as well as accompanying audio tracks to support and guide the reader through these exercises.

An essential read for all those involved in caring for people with acute or long-term health and mental health conditions, disabilities and other support needs, including relatives and other informal carers, adoptive parents and foster carers, as well as professional medical, health and social care staff.

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