

Recommended Reading & Watching List – Lesson 6



Books

- The Four Walls of My Freedom \ Donna Tomson
- The Coming to Our Senses Series: 2018/2019, Jon Kabat Zin
- On Being Ill \ Virginia Wolff



Articles

- A Guide to Caregiver Self-Care, Comprehensive Services on Aging.
<https://www.care2caregivers.com/wp-content/uploads/2019/12/Caregiver-Self-Care-Booklet-English.pdf>
- How to hold space for yourself first - <https://heatherplett.com/2015/03/how-to-hold-space-for-yourself-first/>
- A Space of One's Own – Finding and Maintaining Your Personal Space While Caregiving -
<https://medical-coaching-institute.com/a-space-of-ones-own-finding-and-maintaining-your-personal-space-while-caregiving/>



Videos

- Caregivers It Takes a Village: Caring or the Caregiver -
<https://www.youtube.com/watch?v=aK5IHJFOsmk>