

## **Recommended Reading list – Lesson 5 & 6**



### **Books**

- The Cortisol Connection, Dr. Shawn M. Talbott, PhD.  
<http://perpus.univpancasila.ac.id/repository/EBUPT181112.pdf>
- The Four Walls of My Freedom \ Donna Tomson
- Building Resilience in Children and Teens: Giving Kids Roots and Wings \ Kenneth R. Ginsburg MD MEd FAAP
- The Coming to Our Senses Series: 2018/2019, Jon Kabat Zin
- On Being Ill \ Virginia Wolff



### **Articles**

- Balancing Paid Work and Caregiving Responsibilities: A Closer Look at Family Caregivers in Canada.  
[https://www.caregiversns.org/images/uploads/all/working\\_caregivers\\_EN.pdf](https://www.caregiversns.org/images/uploads/all/working_caregivers_EN.pdf)
- 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>
- Physical and Mental Health Effects on Family Caregiving.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791523/>
- 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 for the Caregiver -  
<https://www.youtube.com/watch?v=aK5IHJFOsmk>

Training

Consulting

Professional Development