

How Best to Help Caregivers and Ourselves? Practice Mindfulness

Mindfulness is simply being aware of what is happening right now without wishing it were different — enjoying the pleasant without holding on when it changes (which it will), and being with the unpleasant without fearing it will always be this way (which it won't).



Recommended Reading

Buddha's Brain by Rick Hanson

Buddha in Blue Jeans: An Extremely Short Simple Zen Guide to Sitting Quietly by Tai Sheridan

Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together by Marguerite Manteau-Rao

Dancing With Dementia by Christine Bryden

Dementia Beyond Drugs by Allen Power

Full Catastrophe Living by Jon Kabat-Zinn

Heal Thyself by Saki Santorelli

Inside Alzheimer's by Nancy Pearce

Radical Acceptance: Embracing Your Life with the Heart of the Buddha by Tara Brach

Real Happiness: The Power of Meditation by Sharon Salzberg

Ten Thousand Joys and Ten Thousand Sorrows by Olivia Ames Hoblitzelle

The Book of Joy: Lasting Happiness in a Changing World by Dalai Lama and Desmond Tutu

The Gift of Imperfection by Brene Brown

Wherever You Go, There You Are by Jon Kabat-Zinn

Websites & Apps

Visit websites or download apps from the App Store or Google Play

Headspace

<https://www.headspace.com/>

Calm

<https://www.calm.com/>

Insight Timer

<https://insighttimer.com/>

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