



FAMILY CAREGIVER EDUCATION SERIES

Living with Dementia: Self-care for the Caregiver

June 9, 2022

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[Box Breathing](#) Healthline.com

[Caregiver's Guide to Coping with Stress and Burnout](#) Caring.com

[Caregiving and Ambiguous Loss](#)

Family Caregiver Alliance

[Caregiving: The Growing Crisis That Everyone Must Face](#) AARP Bulletin-Special Report, May 2022

Cleland, Marilyn (2006). *Caregiver Helpbook: Powerful Tools for Caregivers*. Legacy Caregiver Services. (available on Amazon.com)

[Dementia, Caregiving, and Controlling Frustration](#)

Family Caregiver Alliance

[Depression and Caregiving](#)

Family Caregiver Alliance

[Easing Age-Based Sibling Rivalry in Caregiving](#) AARP

[Emotional Side of Caregiving](#)

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Kriseman, Nancy (2015). *The mindful caregiver: Finding ease in the caregiving journey*. Rowman and Littlefield Publishers. (available at Amazon.com, Barnes and Noble, etc.)

[Holding a Family Meeting](#)

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[How to Make Stress Your Friend](#)

TED Talk – Dr. Kelly McGonigal, Health Psychologist, Stanford

[The Seven Best Meditation Apps of 2021](#) VeryWellMind.com

[The Seven Deadly Emotions of Caregiving](#) Caring.com

[Taking Care of YOU: Self-care for Family Caregivers](#)

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[Teepa Snow: Caring for Someone Who Has Dementia](#) YouTube video

[Teepa Snow: Loved One? Maybe--Maybe Not](#) (blog article)

[Ten Minute Meditation to Reframe Stress](#) Headspace

[These Apps for Caregivers Can Help You Get Organized, Find Support](#) AARP

[The Unique Challenges of Dementia Caregiving](#) AARP