

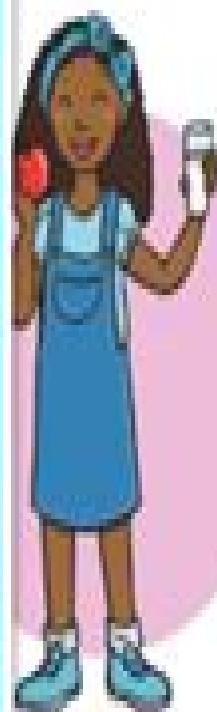
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you should...



talk to other people  
about how you are  
feeling.



after yourself,  
u should...



balanced diet.



after yourself,  
u should...



exercise.



after yourself,  
u should...



after your  
personal hygiene.

ink saving

Eco

# Looking After Your Own

**Niamh Garvey**



## Looking After Your Own:

**Looking After Your Autistic Self** Niamh Garvey, 2023-03-21 I no longer try to mask my autism I now work to support my autism It is a myth that autistic children grow into less autistic adults In fact many autistic adults feel more overwhelmed as they age as the stresses of social demands such as relationships parenting or the work environment increase Niamh Garvey offers tips and tricks designed to reduce sensory and emotional stress and look after your autistic self From understanding what s happening when the stress response kicks in to using the detective habit to spot your individual strengths and triggers What s more every element of this book can be personalised to you Featuring strategies including quick calm plans for managing triggers and lived experience advice on understanding emotional regulation coping with sensory overload and how to look after your senses during intimacy this guide is here to ensure that you don t just survive adulthood you thrive in it *Scratching the Surface of Bioethics*, 2003-01-01 Is bioethics only about medicine and health care Law Philosophy Social issues No on all accounts It embraces all these and more In this book fifteen notable scholars from the North West of England critically explore the main approaches to bioethics and make a scratch on its polished surface *Everyday Assertiveness* Master Today, Roger Reed, 2021-05-31 Do you feel like you are not assertive enough Are you tired of people taking advantage of you You may be thinking I don t want to offend people I just want them to like me But what if they do not take the hint and never stop asking for your attention and help What if they keep pushing and demanding more of your time energy or money How will that make you feel And how will it affect your goals and relationships with others in the long run The Everyday Assertiveness book is a workbook designed to help you transform yourself from a passive person who always pleases other people into an assertive individual who speaks up sets healthy boundaries and says no when necessary It provides practical tools that can be used in all areas of life at home school work or social settings This book has helped thousands of individuals gain confidence by learning how to say NO without feeling guilty about it It is time for YOU to learn these skills too This book will teach you how to stop being passive and become assertive with the people in your life Here is an overview of the things you will learn how to Be more confident Stop letting other people walk all over you Set healthy boundaries that work for YOU Say NO when appropriate without guilt or shame Get what YOU want out of relationships friendships family members etc Stop feeling taken advantage of by those around you Set boundaries and say no when necessary Take full charge of your own life Purchase the Everyday Assertiveness workbook today [Raise Your Game](#) Peter J. A. Shaw, 2009-10-12 The pressure s on You ve just won a big promotion and your new boss has high expectations You have an important meeting and want to make a constructive impact You re thinking of restructuring the team and need to show clear leadership You know you re capable of so much more and need to grasp the opportunity Meanwhile you re drowning in a sea of unanswered email and voicemail How can you raise your game and achieve your full potential Peter Shaw professional coach and author shows how combining self belief with practical action creates the basis for powerful

change helping you step up to the next level Learn how to identify your strengths take bold but calculated risks build your network of supporters convert your critics live your values and find fulfilment and joy

**Children Caring for Parents with HIV and AIDS** Ruth Evans,Saul Becker,2009-03-11 Focusing on the experiences and perspectives of children who are caring for a parent with HIV in the global North and South this text presents a unique insight into the similarities and differences in children s experiences across diverse socioeconomic cultural and welfare contexts

Boosting Self-Esteem For Dummies, UK Edition Rhena Branch,Rob Willson,2011-01-13 Boosting Self Esteem for Dummies Learn to Leave behind negative modes of thinking Understand the psychology of self esteem Use a variety of effective techniques to build self esteem for a happier and healthier life Give yourself a boost with cognitive behavioural therapy Cognitive behavioural therapists Rethink your self image and be comfortable in your own skin Fact even individuals who radiate confidence on the outside can still have low self esteem Whether you re someone who puts on a front or a shy retiring type who frets about what other people think this practical guide can help you to conquer insecurities get assertive and let your inner strength shine through So what are you waiting for Understand the theories get to grips with what self esteem means and how it affects your outlook Be honest with yourself acknowledge your best bits and your limitations and identify the positive effects of your thoughts and actions Discover boosting techniques banish feelings of inadequacy by indulging in exercises and hobbies that exhilarate you Give other people a break understand when a compliment is a compliment and take criticism constructively Go all out reassess your day to day priorities and map out what you really want from life Open the book and find Strategies for getting to the bottom of the real you Effective ways to record fluctuating moods and feelings CBT techniques for stimulating self encouragement Advice on dealing with counter productive comparisons Guidance on tackling social phobias body dysmorphia and eating disorders Tips on maintaining self discipline How to foster better relationships at home and at work

*The Working Class* Ian Gilbert,2018-03-27 In *The Working Class* Poverty education and alternative voices Ian Gilbert unites educators from across the UK and further afield to call on all those working in schools to adopt a more enlightened and empathetic approach to supporting children in challenging circumstances One of the most intractable problems in modern education is how to close the widening gap in attainment between the haves and the have nots Unfortunately successive governments both in the UK and abroad have gone about solving it the wrong way Independent Thinking founder Ian Gilbert s increasing frustration with educational policies that favour no excuses and compliance and that ignore the broader issues of poverty and inequality is shared by many others across the sphere of education and this widespread disaffection has led to the assembly of a diverse cast of teachers school leaders academics and poets who unite in this book to challenge the status quo Their thought provoking commentary ideas and impassioned anecdotal insights are presented in the form of essays think pieces and poems that draw together a wealth of research on the issue and probe and discredit the current view on what is best for children from poorer socio economic backgrounds Exploring themes such as

inclusion aspiration pedagogy and opportunity the contributions collectively lift the veil of feigned equality of opportunity for all to reveal the bigger picture of poverty and to articulate the hidden truth that there is always another way This book is not about giving you all the answers however The contributors are not telling teachers or schools leaders how to run their schools their classroom or their relationships the field is too massive too complex too open to debate and to discussion to propose off the shelf solutions Furthermore the research referred to in this book is not presented in order to tell educators what to think but rather to inform their own thinking and to challenge some of the dominant narratives about educating the feckless poor This book is about helping educators to ask the right questions and its starting question is quite simple how can we approach the education of young people from disadvantaged backgrounds in a way that actually makes a difference for all concerned Written for policy makers and activists as well as school leaders and educators The Working Class is both a timely survey of the impact of current policies and an invaluable source of practical advice on what can be done to better support disadvantaged children in the school system Edited by Ian Gilbert with contributions from Nina Jackson Tim Taylor Dr Steven Watson Rhythmical Mike Dr Ceri Brown Dr Brian Male Julia Hancock Paul Dix Chris Kilkenny Daryn Egan Simon Paul Bateson Sarah Pavey Dr Matthew McFall Jamie Thrasivoulou Hywel Roberts Dr Kevin Ming Leah Stewart Real David Cameron Sir Al Aynsley Green Shona Crichton Floyd Woodrow Jonathan Lear Dr Debra Kidd Will Ryan Andrew Morrish Phil Beadle Jaz Ampaw Farr Darren Chetty Sameena Choudry Tait Coles Professor Terry Wrigley Brian Walton Dave Whitaker Gill Kelly Roy Leighton Jane Hewitt Jarlath O'Brien Crista Hazell Louise Riley Mark Creasy Martin Illingworth Ian Loynd David Rogers Professor Mick Waters and Professor Paul Clarke

*Intergenerational Support and Old Age in Africa* Isabella Aboderin, 2011-12-31 In most societies of the world including in Africa responsibility for the material support of older people unable to sustain themselves through work or investments originally resided with their younger generational family members especially their adult children Aboderin explores this topic specifically for Africa In the wake of social or economic change societies experience shifts in the degree to which families support their elders Questions about the proper balance of family and state responsibility however persist especially in light of socio demographic trends and constraints in public expenditure In most of sub Saharan Africa in contrast to other world regions economic security policies for older people have not yet been formulated despite declines in material family support along with rising poverty to which a growing elderly population is exposed In part this betrays the crucial lack of understanding about how and why these shifts in support have occurred in African societies and thus a profound uncertainty about what balance of individual family and state responsibilities will be culturally appropriate and effective in ensuring economic security for older Africans both now and in the future Aboderin aims to address these gaps in understanding She provides an empirical and theoretical analysis of the micro and macro level processes that have underpinned recent declines in old age family support in African societies and likely parameters of future familial support She also addresses more fundamental theoretical questions about how we should think about the

relationships between intergenerational support norms and values and societal change Intergenerational Support in Africa will be of interest to students of African studies economic policy and theory concerning eldercare sociology and social welfare development

**Real Parenting for Real Kids** Melissa Hood, 2016-04-27 The Parent Practice team led by Melissa Hood and Elaine Halligan have been delivering positive parenting courses since 2004 designed to make families happier by giving parents skills and strategies that allow them not only to parent more effectively but to enjoy their children more Based on science and tested in families Real Parenting for Real Kids provides realistic and workable solutions for real families living real lives in the 21st century Melissa Hood draws on years of experience as a professional and as a parent to debunk many of the myths of parenting provide insights into children's behaviour and practical solutions to everyday issues faced by parents of school aged children With worksheets and other resources you will learn the 7 essential skills and be able to take action immediately to transform your family life Far from making you feel guilty about your parenting this book celebrates mums and dads and the creative solutions they find for everyday parenting dilemmas The experiences of hundreds of parents are shared here

[Always Look After Number Two! A Guide to Better Health Through Colonic Irrigation and Bowel Care](#) ,

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### **Looking After Your Own Introduction**

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